Rota's seaport not seriously affected by Mangkhut. PAGE 2
Mangloña recuses from defamation suit filed by judge's wife vs BOH. PAGE 3

Hafa Adai!

Saipan Tribune

THE CNMI'S FIRST DAILY NEWSPAPER

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75¢

'Land lease bill still in play'

By JON PEREZ
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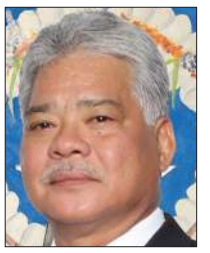
REPORTER

Senate President Arnold I. Palacios (R-Saipan) said the Senate Committee on Resources, Economic Development, and Programs is still reviewing Senate Bill 20-35 to make sure all comments from various members of the community are taken into consideration.

S.B. 20-35 wants to extend the lease of public lands from 40 years—25 years with up to an extension of 15 years—to 75 years—40 years with up to a 35-year extension, which would generate renewed economic interest in the CNMI from new investors. The bill is with the REDP committee chaired by Sen. Francisco Borja (R-Tinian).


Palacios

Palacios told *Saipan Tribune* last Friday that the REDP committee is also looking at the perspective of those who are opposed to the bill especially the Northern Mariana Descent Corp. where they see that a 40-year land lease is enough.

See LAND on Page 4

FUTURE OF CNMI WORKFORCE

NMTI looks at tweaked bill for stable labor pool

By BEA CABRERA
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CORRESPONDENT

Editor's Note: The following is part of a series that examines what is being done today to prepare for the end of the foreign worker program in 2029.

Fourth part of a series

The Northern Marianas Trades Institute is looking forward to a revised version of a bill that would've allowed it to receive public funds after

See NMTI on Page 4

BEA CABRERA

Senate Bill 20-106 will will help NMTI to have specific targets and measurable outcomes from skills training that would develop for the CNMI and help with the CW issues, according to Northern Marianas Trade Institute board chair John O. Gonzales.

KIMBERLY A. BAUTISTA

Carolinian Affairs Office executive director John Tagabuel pays his respect to Chief Aghurubw in his traditional Carolinian attire on Mañagaha Island last Saturday.

Over 200 pay homage to Chief Aghurbw

By KIMBERLY A. BAUTISTA
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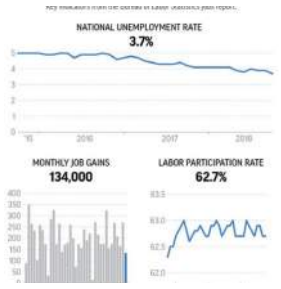
REPORTER

MAÑAGAHA ISLAND—Over 200 individuals made the pilgrimage to Mañagaha Island over the weekend to pay homage to Chief Aghurubw, the master navigator responsible for the existence of all Carolinian descent in the Commonwealth.

Last Saturday, the Chief Aghurbw Foundation organized the 48th Annual Chief Aghurubw Commemoration

See AGHURBW on Page 4

INSIDE



BUSINESS
The last time the U.S. unemployment rate was roughly as low as the 3.7 percent it is now the economy was overheating, inflation was spiking and a short recession soon followed.
PAGE 15

WORLD
Nadia Murad and Denis Mukwege were awarded the Nobel Peace Prize on Friday for their campaigns to end rape and sexual abuse as weapons of war.
PAGE 18

LIFE & STYLE
Andrew Lincoln will no longer evade the arc of a knife, a bullet or a bloody baseball bat wrapped with razor wire on the Georgia set where AMC's "The Walking Dead" is filmed.
PAGE 21

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Local

Rota's seaport not seriously affected by Mangkhut

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

Rota's seaport was not seriously affected by the destruction brought by Typhoon Mangkhut to the island last month, according to Commonwealth Ports Authority board committee for airport operations chair Barrie C. Toves.

In an interview with *Saipan Tribune* last week, Toves said right now assessment has been completed by their ports manager about the damage.

He said he has not seen the report yet, but they did send out people out from the Emergency Operations Center to make an initial damage assessment.

» Ships carrying commodities continue coming in to Rota

Toves was working at the EOC when Typhoon Mangkhut battered the island to coordinate resources for response and recovery.

Toves said the only time they're concerned was because the U.S. Coast Guard did not immediately clear any vessel to navigate the channel.

He said while they were monitoring the situation at the seaport, Coast Guard inspectors then eventually looked at the harbor to see if there were no major debris that would create any kind of security issues.

"Then it was opened up. That's how the relief ships were coming in," said Toves as he commended that the Coast Guard for being "really responsive."

He said as soon as the typhoon warning was cancelled, the Coast Guard opened up the way for the first emergency relief ship to come in despite that the declaration was not been issued out yet at that time.

Toves said because of the relief effort, they were able to "bend a little" and gave way for Rota to receive that shipment that came in.

He said the seaport is currently doing fine and that in fact recently ships came in to provide shipping of commodities for the commercial operations.

"We're getting back there. We're getting back in our feet," Toves said.

Toves earlier disclosed that the perimeter fences surrounding the Benjamin T. Manglona International Airport on Rota sustained damage from Mangkhut.

A file photo of the commercial seaport on Rota. There was no reported serious damage to the seaport during Typhoon Mangkhut's destruction to the island last month.
FERDIE DE LA TORRE

Manglona accepts guilty plea of 3rd defendant in clandestine 'ice' lab case

By FERDIE DE LA TORRE
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REPORTER

U.S. District Court for the NMI Chief Judge Ramona V. Manglona has accepted the guilty plea of the third of five men charged in connection with an alleged clandestine crystal methamphetamine or "ice" laboratory on Saipan.

In an order issued last Thursday, Manglona said neither party filed any objection to Magistrate Judge Heather L. Kennedy's recommendation to accept the guilty plea of defendant Vincent David Cabrera Jr.

Cabrera signed a plea deal with the U.S. government and pleaded guilty last Sept. 17 to an indictment charging him with conspiracy to manufacture methamphetamine.

The offense carries a maximum penalty of not more than a 20-year term of imprisonment, a fine not to exceed $1 million, not less than a three-year term of supervised release, restitution, and a $100 special penalty assessment.

Under the plea deal, the U.S. government expects defendant's sentencing guideline range to be 210 months and 240 months of imprisonment because the statutory maximum for the offense to which he pleaded guilty to is 20 years.

Kennedy found that there is a factual basis for the plea and that Cabrera's guilty plea was entered voluntarily.

Kennedy recommended that Manglona accept the guilty plea.

In accepting the recommendation, Manglona referred Cabrera to the U.S. Probation Office for investigation and report.

Manglona set the sentencing for Dec. 28, 2018 at 9am.

The judge said the final presentence investigation report is due on Dec. 18, 2018.

According to Cabrera's factual admissions, between on or July 1, 2017 and Feb. 25, 2018, he, along with Eugene Blas Repeki Jr., Rick Urumelog Omar Jr., Sidney Capelle Kani, and others, agree to manufacture methamphetamine.

Cabrera said he knew of this agreement to make "ice" and that he joined in the agreement knowing of its purpose and intending to help accomplish it.

Specifically, Cabrera said he, along with others, including Repeki, Omar, and Kani, obtained items such as pseudoephedrine, lithium batteries, cold packs, iodized salt, lye, lighter fluid, plastic water bottles, and/or coffee filters, to use to make methamphetamine.

He said they would smoke the manufactured methamphetamine, as well as sell and/or give to other people.

Between July 1, 2017, and Feb. 25, 2018, members of the conspiracy, or persons working at its behest, purchased pseudoephedrine from local pharmacies, which was eventually manufactured to actual methamphetamine.

Cabrera admitted that he maintained a room at the Vegas Resort Hotel for purposes of manufacturing or using "ice."

Last month Repeki, also known as Uncle, pleaded guilty to conspiracy to manufacture and distribute methamphetamine.

Last May, David Muna Sablan pleaded guilty to conspiracy to manufacture methamphetamine.

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Manglona recuses from defamation suit filed by judge's wife vs BOH

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

U.S. District Court for the NMI Chief Judge Ramona V. Manglona has recused from presiding over a defamation lawsuit filed by the wife of Superior Court Presiding Judge Roberto C. Naraja against Bank of Hawaii.

Frances DLG. Naraja is suing BOH for allegedly refusing to honor the eight cashier's checks in the total amount of $290,000 that she had purchased in 2016, but then telling all the other banks on Saipan that she had improperly secured the cashier's checks.

In her order of self-recusal Friday, Manglona said because plaintiff Mrs. Naraja's husband, Presiding Judge Naraja, is presiding over litigation involving her (Manglona) family trust, she disqualifies herself from the case.

Manglona said the parties are free to consent to or decline having Magistrate Judge Heather L. Kennedy preside over the case.

» BOH files counterclaim against Naraja's wife, 3rd party claims against others

Aside from defamation, Mrs. Naraja, through counsel William M. Fitzgerald, is also suing BOH for allegedly dishonoring of cashier's check and conversion.

Mrs. Naraja asked the Superior Court to order for the return of $290,000, represented by the cashier's checks, with prejudgment interest from the date of their dishonor. She also sought for payment of damages.

She filed the lawsuit in the local court last July 13. But last Aug. 17, BOH, through counsel Sean Frink, filed a notice for the removal of the lawsuit to the District Court.

Frink said the bank's basis for removal is diversity jurisdiction as BOH and Mrs. Naraja are citizens of different states and the amount in controversy exceeds $75,000.000.

BOH recently filed an answer to the complaint. The bank also filed a counterclaim against Mrs. Naraja and third-party claims against Gloria DLG Sablan, Commonwealth Development Authority, and the Lorenzo Deleon Guerrero Family Trust.

Sablan is Mrs. Naraja's sister.

According to Frink in the counterclaims and third-party claims, BOH simply seeks to join all of the potentially interested parties in one action so that their respective rights and responsibilities as to the $290,000 can be determined.

Frink said because Mrs. Naraja's brother, Joaquin V. Deleon Guerrero, has declared bankruptcy, however, he cannot be joined as a third-party defendant in this action absent approval from the Bankruptcy Court.

Frink said BOH has filed a motion to lift the stay in the Bankruptcy action so that it can sue Joaquin Deleon Guerrero in this action and intends to join him as an additional third-party defendant once it obtains such approval.

The lawyer said Mrs. Naraja has sued BOH, claiming the entire $290,000 that was at one time in the savings account at the BOH that she jointly held with her sister Gloria Sablan, and her brother Joaquin Deleon Guerrero, and that was used to pay for the cashier's checks in question.

Frink said Joaquin Deleon Guerrero and his wife declared bankruptcy, claiming that the true owner of the $290,000 is and was the Lorenzo I. Deleon Guerrero Family Trust.

He said Joaquin Deleon Guerrero has made similar claims in the Superior Court proceedings in which the CDA was pursuing his (Joaquin) assets in order to enforce a $400,000 plus judgment.

Frink said it was in these same actions that the CDA caused the Superior Court to issue writs that directed that the $290,000 be deposited with the Superior Court.

The lawyer said the $290,000 has been on deposit with the Superior Court since Jan. 12, 2017, where as best as BOH can tell no one has since laid claim to it.

Frink asked the federal court to enter judgment in BOH's favor and against Mrs. Naraja on all claims raised in this complaint.

Frink asked the court to declare all of the parties' respective positions with regard to the $290,000 that was in the BOH account, the cashier's checks, and the $290,000 is on deposit in the Superior Court.

The lawyer asked the court to require the parties to comply with the court's findings in all other matters.

Frink moved the court to require Mrs. Naraja and Mrs. Sablan to reimburse BOH for its costs in analyzing and defending itself against the lawsuit.

BEH: 28 outlets get Grade 'A'

The Bureau of Environmental Health conducted sanitary inspections, during the month of August 2018 on the following retail, eating, and drinking establishments and their grades are as follows:

GRADE "A"

1. Fina Sisu Mini Mart, Fina Sisu
2. Felipe Kitchen, San Vicente
3. Eden Market, Garapan
4. Clean Laundry Retail, Chalan Piao
5. Moby Dick Restaurant, Garapan
6. I Love Saipan Retail, Managaha
7. Dae Jang Kum Restaurant, Susupe
8. Martha's Store, Garapan
9. Western Sales Trading Wholesale, Susupe
10. Happy Market, As Lito
11. Happy Market Butcher, As Lito
12. Green Leaves Store, Chalan Piao
13. Green Leaves Packing, Chalan Piao
14. Club 88, Garapan
15. New Majestic Chinese Restaurant, Garapan
16. Surf Club, Chalan Kanoa
17. Surf Club Bar, Chalan Kanoa
18. Grace Restaurant, Garapan
19. I Love Saipan 106, Garapan
20. Blue Sky Supermarket, Chalan Piao
21. Blue Sky Butcher, Chalan Piao
22. New Kagman Market, Kagman
23. New Kagman Butcher, Kagman
24. Coffee and Bar Sands II, Garapan
25. J's Restaurant, San Jose
26. Touch Down Restaurant, Airport
27. The Water Company, Lower Base
28. 99 Cents, Garapan
    a). Super Market
    b). Butcher

GRADE "B"

1. Taiwan Restaurant, Garapan
2. Susan BBQ, Dandan

GRADE "C"

1. Da Ke Yi Restaurant, Garapan *(PR)*

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BOE declares October as Head Start Awarenesss Month

By ERWIN ENCINARES
erwin_encinares@saipantribune.com
REPORTER

The CNMI Board of Education declared last Friday that October 2018 was Head Start Awareness Month.

Both instructors and parents involved with the CNMI Headstart program witnessed last Friday at the Chalan Kanoa Head Start Center Board of Education acting chair Janice Tenorio proclaim October 2018 to be Head Start Awareness Month.

PSS Head Start coordinator Lathania Santos noted that the program, which was first launched in 1965 by former president Lyndon B. Johnson, first sought to provide comprehensive health, nutrition, and education services to children living in poverty.

"Over the last 53 years, the Head Start model has been built on evidence-based practices and is constantly adapting," she said. "As a comprehensive early learning education program, Head Start helps children at risk of being left behind build the abilities they need to be ready for kindergarten and life," she continued.

She further noted that since the program's inception in the CNMI, it has helped more than 17,000 children since its opening in 1964.

"In February 2015 the CNMI PSS was awarded the Early Head Start Child Care Partnership Grant. Four years later, we continue to be the lone grantee in the outer Pacific that serves children ages six weeks to three years of age," she said.

Interim Education commissioner Glenn Muña noted that PSS altogether has the main goal of pursuing the "best quality education" for the NMI's youth.

"Students who have attended preschool do better when they enter kindergarten. It is because of the hardworking men and women, teachers and staff who work tirelessly with our students and their families to ensure that our children are ready," he said in a brief statement.

Tenorio, in a brief statement, noted that the program was near and dear to her heart through the course of her career in the BOE, similar to that of long-time former chair Herman Guerrero.

"…I am passionate in regards to the early Head Start and Head Start Program," she said.

Tenorio is also the BOE representative for the Head Start Program.

AGHURBW

From Page 1

ceremony on Managaha.

According to Mark Rabauliman, Chief Aghurubw Foundation vice chair, a little over 250 individuals came out last Saturday to pay homage to the monumental chief.

The commemoration ceremony started at around 10am Saturday morning, but the event lasted the entire day with traditional dance presentations, lunch, swimming, and free canoe rides courtesy of the Carolinian Affairs Office and the Okeanos Marianas.

Rabauliman said that aside from paying homage to the great navigator, the Chief Aghurubw commemoration ceremony is a day for everyone to come together and enjoy the company of one another, and pay homage to the Carolinian heritage.

"It's an opportunity for the community to mingle with each other. Technology has become so advance and we've become so individualized… this is an annual celebration to really touch base with the people you know, the people you grew up with, and make new friends. This is what today is really about…we also honor the accomplishments Chief Aghurubw has done for the Refaluuwasch people," he said.

Carolinian Affair Office executive director John Tagabuel shared with the media that it is extremely important that the Carolinian community pay their respects annually to Chief Aghurubw because if it was not for him and his quick thinking, Carolinians would not exist in the Marianas.

"This is where he was buried. Every year we come out here to pay our respects to him and his memorial," he said.

Also in attendance last Saturday was Gov. Ralph DLG Torres, Senate President Arnold I. Palacios (R-Saipan), and Reps. Joseph Deleon Gurerrero (R-Saipan) and Donald Barcinas (R-Saipan).

Torres said that the current administration is adamant about the protection, preservation, and sharing of the CNMI's beautiful indigenous culture and the Chief Aghurubw ceremony is the perfect example of cultural preservation while also sharing it with the community.

"It's one of those times where you reflect on what is important in our lives. Having our Chief Aghurubw ceremony is a reflection of what we have and where we are going…in order to move forward we have to know our past and this administration has always been a forefront of protecting our culture and preserving our culture…we need to also share our culture and the event today was an opportunity for others to learn the culture and be part of our culture," he said.

Although majority of the attendees were families of Carolinian decent, the celebration also brought out tourists who were curious about the celebration and many community members who found that Chief Aghurub was monumental in the development of the Carolinian community in the Marianas.

The Chief Aghurubw ceremony is the staple event of Cultural Heritage Month.

LAND

From Page 1

"The committee is looking at the opposition's perspective. We want to make sure that we take those in consideration. If necessary, answer them or do whatever it is needed to adjust," said Palacios, who added that the bill remains alive.

"In order for me to shelve that [S.B. 20-35], it has to be filed. It is very much in play and is back to the committee to review all the other concerns and comments. A legislation is not dead until we voted to file it," Palacios said.

This was contrary to what NMDC president John Oliver Gonzalez told *Saipan Tribune*, in an earlier interview, that he understands that the bill is dead and will be entertained in the next Legislature. "My understanding now is it was held at the committee and it won't be entertained after the election and obviously the new Legislature."

Palacios said S.B. 20-35 is a critical piece of legislation that concerns the CNMI's tourism industry especially with several hotels with expiring public land leases. It only addresses the land leases. The public land leases for hotels and golf resorts. We have several of these hotels whose public land leases are expiring."

"These hotels played a major role in the growth of the tourism industry. They continue to be major players in the industry and these hotels are located on public lands. These hotels are some of the biggest that we have."

Hyatt Regency Saipan is among the hotels that have an expiring lease (December 2021). Hyatt general manager Nick Nishikawa, in a previous interview with the *Saipan Tribune*, said that they hoping for a lease extension so they could move forward with their plans of improving the hotel's facilities for the growing number of tourists.

Palacios said the bill's intent is to avoid any interruption from the tourism industry, which is one of the CNMI's economic drivers. "We can't take the chance to interrupt the industry itself. We want to make sure the tourism industry remains stable and in fact sustainable."

"Having said that, there are parties and individuals, and organizations in our community that have other thoughts. They contributed their thoughts and I respect that. In view of that, what the Senate did is we referred it back to [REDP] committee so that they can review the other positions of some of the members of our community opposing the legislation."

Private lands

Gonzalez said they at NMDC felt that the current 40-year lease is enough. "It was from 40 to 99 years and after deliberation, it went down to 75 years. Further talks is at par with the private land leases at 55 years."

"The NMDC, which advocates for all NMDs, we strongly felt that the current 40-year lease term limit is adequate and the reason being is we do not want public lands to be competing with private lands."

He said that investors should first look at private lands. "In fact, we encourage the government and investors to first seek leasing private lands. So owners of these private lands could also have that opportunity in the economic windfall. We're thinking that government lands should be the fallback."

Gonzalez added that officials should approach the issue as a compelling public policy. "The generation after us ought to be given that opportunity to decide for themselves, the same thing when our [ancestors] decided for us. Time changes so generations change, subsequent generations, we believe, must make that decision."

"We treated this issue as a paramount concern. It is going to set policy on the future of public land leases. We were invited to participate, and we submitted written comments and testimonies to justify our position."

History

Palacios introduced S.B. 20-35 on Mary 22, 2017 and it aims to increase the term of public land leases for up to 40 years plus a 35-year extension for a total of 75 years.

The bill was referred to REDP where the committee referred for its passing and the Senate voted to pass it on Aug. 8, 2017.

It was transmitted to the House where House Speaker Rafael S. Demapan (R-Saipan) referred it to the House Committee on Natural Resources chaired by Rep. Alice S. Igitol (R-Saipan).

The House passed it on June 12, 2018 and went back to the Senate where Borja's REDP committee is still reviewing all comments—oral and written—made by members of the community.

Saipan Chamber of Commerce president Velma Palacios, Marianas Visitors Authority managing director Chris Concepcion, and Hotel Association of the Northern Mariana Islands chair Gloria Cavanagh were some of those that either submitted their comments or testified in public hearings aside from the NMDC.

Igitol, in the committee report, said S.B. 20-35's enactment would not result to any cost to the CNMI government. "Because the intent of the bill is to amend 1 CMC 2806 to increase the term of public land leases up to 40 years plus an extension up to 15 years for a total of 55 years."

"To authorize certain existing public land leases to be amended to extend the existing lease term up to 55 years; [and] to amend 1 CMC 2807 to authorize DPL to negotiate a new public land lease with certain existing public land lessees under new terms and conditions without publishing an RFP."

"[S.B. 20-35's] purpose in order to attract new investors and to give them more options for financing with a longer lease term. To authorize certain existing public land leases to be amended to extend the existing lease term up to a total of 55 years for lease properties with and existing hotel or golf course subject to new terms and conditions."

NMTI

From Page 1

Gov. Ralph DLG Torres vetoed an earlier measure.

NMTI board chair John O. Gonzales said a new bill is needed to stabilize the CNMI labor pool beyond the expiration of the U.S. Workforce Act in 2029.

"We are bracing ourselves for a new bill, a totally tweaked bill from the one that the governor…vetoed last March. Sen. Justo Quitugua (Ind-Saipan) has introduced Senate Bill 20-106 and it is now awaiting comments among the stakeholders such as the Department of Labor, Northern Marianas College, Public School System, and, of course, NMTI as beneficiaries of that bill," he said.

"I believe it will go through because it's a result of the tweaked language and integrated the concerns of the governor in terms of funding, structure, and approach to ensuring a comprehensive commission to workforce development," he added.

In the event the proposed bill becomes law, Gonzales believes this will help NMTI have specific targets and measurable outcomes in skills training that would develop a workforce for the CNMI and help with the CW issues.

"When the bill pushes through, it will place NMTI in between the PSS and NMC in terms of hands-on, apprenticeship, industry occupational subjects and fields such as bookkeeping, accounting, technicians, mechanics, construction and carpentry," he said.

"We are actually implementing it already and the training is available. We love it because it is the result of the hard work and cooperation among all the stakeholders with the end goal of everybody benefiting. No redundancy, overlap or duplication, and maximizing our resources," he added.

According to Gonzales, expanding NMTI's list of additional courses is in the pipeline. "We, the [board of directors] of NMTI, have requested [chief executive officer Agnes McPhetres] and her faculty and staff to develop a larger curriculum that is more expansive, more comprehensive, to anticipate the action mapping pipeline or training design that we would like to work on sooner," he said.

"I know they are currently developing the training courses for our review, presentation, and adoption, hopefully in the next meetings of the NMTI board," he added.

Last month, an Education Summit was held in cooperation with PSS, NMC, NMTI, Labor, and the Saipan Chamber of Commerce.

"The purpose of that is to chart a comprehensive workforce educational commission to regulate and to answer the question of what would NMC, PSS, and NMTI's role be in building economic and educational opportunities? It is the overarching goal for the CNMI in ensuring that we provide a quality workforce curriculum and prepare a gainfully employable and credible workforce," Gonzales said.

"The U.S. Workforce Act is a window of opportunity for us that we would like to think it will be our last. The third time is a charm but we need to know failure is no longer an option. That's why we must learn a trade and get paid so we can develop a sustainable and resilient workforce of our own to go forward," he added.

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$250K awarded for CNMI fisheries training program

Governor Ralph DLG. Torres officially announced last Tuesday the sub-award of $250,000 to the Department of Lands and Natural Resources (DLNR) from the Western Pacific Regional Fishery Management Council (Wespac) to fund a fisheries training and demonstration program.

"We've been collaborating with Wespac for many years and I am very pleased to see this project moving forward. I believe that this will help with other fishing initiatives throughout the region. We are all very excited about this project and look ahead at sustainable fishery resources and training for the benefit of our community," Governor Torres said.

International Fisheries, Pelagics, Enforcement, and NEPA Coordinator Eric K. Kingma, Ph.D. notified the Office of the Governor yesterday in preparation for its implementation in the coming weeks.

"We've been working with Governor Torres on developing this project which aims to train fishermen both in the classroom and the water to demonstrate primarily commercial bottom fishing operations. Council staff are available to work with DLNR staff to further develop the project including training and vessel leasing details," Kingma said.

Kingma also noted that the CNMI is recognized for its substantial fisheries development opportunities including an indigenous culture linked to ocean navigation and fishing.

According to Secretary of Lands and Natural Resources Anthony Benavente, funds provided under this sub-award is specifically for a fisheries training and demonstration program to increase catches to meet expanding local demands by enhancing fishing skills to target bottom fish and other pelagic species.

"I have just signed the award agreement which has been forwarded to the Wespac Council. We are very grateful for the assistance of Wespac fisheries and look forward to strengthening our local capacity in terms of fish handling, storage and marketing. In a few months, we will keep the public informed as seafood purveyors, culinary experts and regional fisherman lead these trainings and assist us with strengthening this industry," Benavente said.

The sub-award states that the program will include fishing methods, seafood handling for quality and safety, vessel handling and navigation and will begin with two cohorts per year beginning January 2019 and a final program report due by June 2021.

The Western Pacific Regional Fishery Management Council is one of eight regional fishery management councils established by the Magnuson Fishery Conservation and Management Act of 1976. Amended in 1996 to prevent overfishing, minimize by catch and protect fish stocks and habitat, it is now called the Magnuson-Stevens Fishery Conservation and Management Act (MSA).

During its first 35 years, the Council's accomplishments have run the gamut from being the first Regional Fishery Management Council in the nation to prohibit drift gill-net fishing and to develop an ecosystem-based fishery management plan to being the pioneer of the vessel monitoring system (VMS) for fishing vessels, which is now being implemented in fisheries worldwide. ***(PR)***

Bank of Guam earns FDIC 'Outstanding' rating

HAGATNA, Guam—Bank of Guam earned its first ever "Outstanding" from the Federal Deposit Insurance Corporation for its Community Reinvestment Act evaluation during a three year period from Oct.15, 2015 to April 25, 2018.

The Community Reinvestment Act requires banks to meet the credit needs of low- and moderate-income communities. The exam assesses bank practices such as mortgage lending, small business lending, community development lending and investments, bank services to communities and employee community involvement. For the overall rating and three subcategories, banks are assigned one of four ratings: Outstanding, Satisfactory, Needs to Improve or Substantial Noncompliance.

The bank, now a "large" institution by CRA measures, is rated "Outstanding," meaning that the institution has an outstanding record of helping to meet the credit needs of its assessment area including low to moderate income neighborhoods, in a manner consistent with its resources and capabilities.

According to the rating, Bank of Guam demonstrated an "excellent responsiveness" to credit needs; the distribution of borrowers reflects, given the product lines offered by the institution, "excellent penetration" among retail customers of different income levels and business customers of different revenue size; and the institution is a "leader" in providing community development services.

Joaquin P.L.G. Cook, interim president and CEO stated, "Earning a CRA rating of "outstanding" is a reflection of the Bank's primary mission of serving and giving back to our community. Since the day we were founded, we have been guided by values of giving back to the community in every way we are able to. We are deeply grateful to our staff who work in support of our purpose…it is what makes us "The People's Bank." ***(PR)***

DB Insurance Co., Ltd.
(Formerly Dongbu Insurance Company, Ltd.)

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Telephone Nos. (671) 477-7170/8562; Fax No. (671) 472-3116
E-mail: saipan@moylans.net; Website: www.moylansinsurance.com

PUBLIC NOTICE

Change of Company Name

This is to inform the general public that the name of the Company has been changed, from "Dongbu Insurance Company, Ltd." to "DB Insurance Co., Ltd.", with effect from 26 July 2018 as approved by the Insurance Commission, Department of Commerce of the Commonwealth of the Northern Mariana Islands.

The change of name of the Company as aforesaid does not alter the legal status or constitution of the Company nor does it affect any rights or obligations of the Company.

Moylan's Insurance Underwriters (Int'l.), Inc. remains as the authorized General Agent of the Company in the territory of the Commonwealth of the Northern Mariana Islands.

For and on behalf of
DB Insurance Co., Ltd.

By:

Shinchul Kim
Guam - Branch Manager

Place: Saipan, CNMI

COMMUNITY BRIEFS

JKPL to host 7th Trunk-or-Treat

The 7th Annual Halloween Trunk-Or-Treat is scheduled for Wednesday, Oct. 31, 2018, from 3:30pm to 6:30pm at the Joeten-Kiyu Public Library parking lot in Susupe. Organizations who are willing to sponsor can contact Trunk-or-Treat coordinators Omar Manacop and/or Rose Ulloa at 235-7329/7315. You can also email jkplitc@gmail.com or rosalindaulloajk-pl@gmail.com. ***(PR)***

Scheduled power outage today

The Commonwealth Utilities Corp. has scheduled a power interruption today, Oct. 8, from 5am to 10am, affecting Chalan Pale Arnold in Lower Navy Hill. The Lower Navy Hill traffic light intersection and Calhoun water well will be affected. The Lower Sadog Tasi and Lower Navy Hill wastewater lift stations will be affected.

These will allow Commonwealth Utilities Corp. linemen to replace wooden poles with concrete ones. ***(PR)***

SINMI accepting applications for award

The Soroptimist International of the Northern Mariana Islands is now accepting applications for our annual Live Your Dream award. The completed application and two reference forms must be submitted before Oct. 10, 2018, for consideration in the judging process. For digital copies of both forms, email pbrown52@gmail.com.

These annual awards are given to women who are attending college or vocational training and who are the primary financial support for their family. A list of other requirements will be provided. The award money can be spent on whatever a recipient chooses.

Plan ahead to attend our award ceremony on Oct. 20 at the Fiesta Resort & Spa Saipan at 6pm. Ticket prices are $50. For more information, contact Pam Brown at (670) 483-9496 or Maureen Sebangiol at (670) 287-4674. ***(PR)***

US Naval Base Guam front gate closure, traffic pattern change

SANTA RITA, Guam—The U.S. Naval Base Guam (NBG)-Main Base front gate will be closed from 4am, Oct. 6 through 4am, Oct. 9 for construction. The back gate will be open for traffic during this time.

In addition, the traffic pattern at the NBG-Main Base front gate will change effective Tuesday, Oct. 9. There will be three inbound lanes and one outbound lane Monday through Friday from 6:30am to 8am.

Improving base access in support of improved military readiness, and ensuring the safety and security of military and civilian personnel remains a top priority. As NBG implements this new traffic flow at the entry control point (ECP), all drivers accessing NBG installations are reminded to pay attention to the traffic pattern, follow Security's directions, pay attention to all posted signs, stop at the Security sentry's position, provide a valid ID and proceed only when cleared by the sentry. ***(PR)***

LIONS DONATION CONTRBUTED PHOTO

Saipan Centennial Lions Club members; Arceli Lizama (president) Ruth Reyes (Vice president) Nenita Marquez (director) along with former Rota Lions Club members, Antonio Quiambao, Joseline Dionisio Shirley Villanueva, and Ruth Suela gave donations to the victim of Typhoon Mangkhut on Rota.

MCS senior completes law & CSI program at George Mason

By JUSTIN OCAMPO
SPECIAL TO THE SAIPAN TRIBUNE

Mount Carmel School senior Kalyn Diaz recently completed The National Youth Leadership Forum's, or Envision's Law and CSI program at George Mason University.

Diaz was the only student from the CNMI to attend the program, joining 276 other students from across the nation to take law and forensic courses. Diaz, an aspiring CSI, completed the forensic track. Diaz had a hands-on educational experience, learning many aspects of forensics including but not limited to criminal behavior and crime scene investigation. This all culminated in Diaz participating in a mock trial together with students from both the law and forensic tracks.

Diaz also got to hear from numerous speakers who work in or are involved in the fields of forensics and law such as lawyers, professors, as well as a wrongfully accused person exonerated through the nonprofit legal organization The Innocence Project.

According to Diaz, "Envision gave me a better understanding of and a renewed interest in what I wanted to study in college. I also learned to be more observant and more social."

Being the only student from the CNMI, Diaz also saw this as an opportunity to be an ambassador for and to educate others about her culture, "It made me unique, it made me teach them about Saipan and my culture. They also wanted to learn about the [Chamorro] language, where we're from and what we do."

Throughout her program, Diaz visited landmark monuments in Washington, D.C. such as the White House, Capitol Building, George Washington's monument, and even city of Baltimore on a cultural extension day.

This was Diaz's first time participating in the Envision program, which was founded on the idea that students could realize their potential beyond the classroom by cultivating a deeper relationship with the world around them. Thirty years later, Envision grew to provide 17 different nationwide career, leadership, and technology programs that enabled students like Diaz to realize their career and life aspirations.

Now an alumnus of the program, Diaz hopes to use what Envision taught her as she applies to college and pursue her dream to be a CSI, "Envision changed my life. It taught me so many things about my field and the opportunities it offers in a hands on, collaborative effort." Diaz is now currently applying to be a college freshman at George Mason University.

Kagman cluster of schools PTSA tomorrow

This is to inform all parents, guardians, and the community that the Kagman cluster of schools will be having a PTSA meeting on Tuesday, Oct. 9, 5:30pm in the Kagman High School cafeteria. We are encouraging all parents, and guardians to attend this meeting.

Please call the school at 237-3921, 664-4100, or 664-3911 if you have any questions or concerns. Your support and understanding is appreciated. ***(PR)***

"A Tradition of Excellence!"

Dr. Dennis Williams, a renowned eye surgeon, continues the tradition of excellence at Marianas Eye Institute.

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- President, Cataract Teaching Foundation
- Instructor, American Society of Cataract and Refractive Surgery

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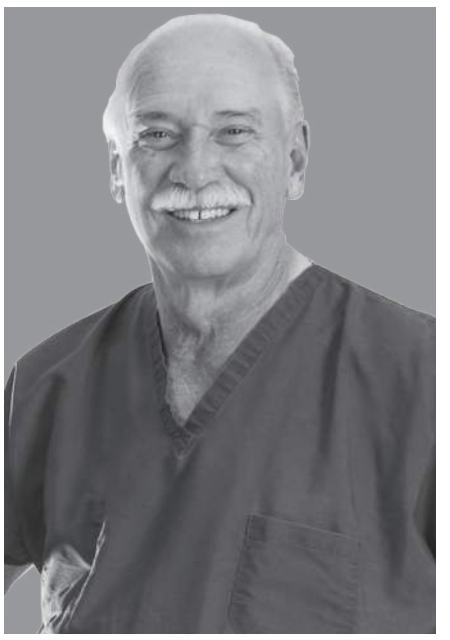

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MCS Theatre Club holds auditions for *Tasi*

Mount Carmel School's Theatre Club kicked off its 2018-2019 performance season with auditions for its next big musical, *Tasi*. The auditions brought in the largest group of aspiring dramatists ever in the school's history, with 129 students from grades 1 through 12 auditioning. The show will also be a part of the club's yea-rlong focus on island stories, with a mission to "celebrate our island stares on stage and in film."

Inspired by Disney's *Moana*, *Tasi* is an original story written by club adviser and school president, Galvin Deleon Guerrero. The story follows Tasi as she struggles between family expectations, traditions, and her own aspirations. The production will also feature music from and about the islands.

Tasi will be directed by Kalea Borja, who was the assistant director for last year's hit production of Disney's *Mulan Jr.* When asked why she stepped up to direct *Tasi*, Borja said, "I believe that we need to promote our local culture and embrace it, and surely Tasi is the play that can do just that!"

Despite her enthusiasm, Borja was surprised by the record number of students who auditioned. "Never did I expect the number of students who were excited to audition for Tasi. There was so much talent in the room that I was overjoyed as well as overwhelmed." She added, "The auditions, all in all, went well and I am excited to see students wanting to be part of this local production."

CONTRIBUTED PHOTO

Show director Kalea Borja (right) runs auditions for the next production from the Mount Carmel School Theatre Club, *Tasi*, a musical inspired by Disney's *Moana*.

CONTRIBUTED PHOTO

A record number of students audition for Mount Carmel School Theatre Club, *Tasi*, a musical inspired by Disney's *Moana*. So many students auditioned for *Tasi* that students had to be divided different sections. Shown here are some elementary school students who auditioned.

CONTRIBUTED PHOTO

A record number of students audition for Mount Carmel School Theatre Club, *Tasi*, a musical inspired by Disney's *Moana*.

The show's assistant director and club veteran, Brandee Hunter, is also very excited about the show. "So far, being an assistant director has been one of my favorite roles in a theatre production." Hunter has acted in numerous past productions and has also served on the crew.

Looking ahead, Hunter said, "I feel nervous and excited at the same time for this show." She added, "This play will be one of the best productions that the Theatre Club has ever done."

Tasi is scheduled for performances on Nov. 30 and Dec. 1. Details about times, venue, and ticket prices will be announced next month. ***(PR)***

CONTRIBUTED PHOTO

A record number of students audition for Mount Carmel School Theatre Club, *Tasi*, a musical inspired by Disney's *Moana*. So many students auditioned for Tasi that students had to be divided different sections. Shown here are the high school students who auditioned.

Commonwealth of the Northern Mariana Islands
BOARD OF PAROLE
P.O. BOX 502641, Saipan, MP 96950-2641
Tel: Nos.: (670) 664-3300 – 3302 • FAX: (670) 664-3310
E-mail: govbop@pticom.com

TO ALL MEDIA SERVICES
PUBLIC SERVICE ANNOUNCEMENT

MESSAGE: The Honorable Ralph Dlg. Torres, Governor, and the Honorable Victor B. Hocog, Lt. Governor, through the Board of Parole Office, and pursuant to Public Law 8-41, Section II of the "Open Government Act of 1992", hereby give Official Notice that an **Executive Board Meeting** is scheduled for **October 12, 2018**, Friday, at **9:00 a.m.**, at the **CNMI Board of Parole Office, Capital Hill, Saipan MP 96950**. The following items are included in the agenda.

Board Of Parole Executive Meeting Agenda

I. **Preliminary Matters**
  A. Call to order
  B. Roll Call
  C. Presence of Quorum
II. **Consent Item**
  A. Adoption of Agenda
  B. Adoption of Meeting Minutes
    a. Parole Hearing Minutes – June 20 – 21, 2018
    b. Executive Meeting Minutes – June 22, 2018
III. **New Business**
  A. Organizational Chart
  B. FY'19 FTE
IV. **Miscellaneous**
  A. Schedule for next Parole Hearing
  B. Schedule of next Executive Meeting
V. **Adjournment**

If you have any question or need additional information, please contact the Board of Parole Office at telephone numbers 664-3300 or 664-3302.

/s/ Ramon B. Camacho 10/1/18
Chairman, Board of Parole Date

Commonwealth of the Northern Mariana Islands
BOARD OF PAROLE
P.O. BOX 502641, Saipan, MP 96950-2641
Tel: Nos.: (670) 664-3300 – 3302 • FAX: (670) 664-3310
E-mail: govbop@pticom.com

TO ALL MEDIA SERVICES
PUBLIC SERVICE ANNOUNCEMENT

MESSAGE: The Honorable Ralph Dlg. Torres, Governor and the Honorable Victor B. Hocog, Lt. Governor, through the Board of Parole Office, and pursuant to Public law 8-41, Section II of the "Open Government Act of 1992", hereby give Official Notice that a Parole Hearing is scheduled for **October 11, 2018 (Thursday), beginning at 9:00 a.m.**, at the Honorable Vicente T. Seman Building, Department of Correctional Facility, located at Susupe, Saipan MP 96950. The Agenda is as follows:

I. Preliminary Matters
1. Call to order
2. Roll Call
3. Presence of Quorum

II. Consent Items
1. Adoption of Agenda

III. Parole Hearing	**BOP No.:**	**Criminal Case No.:**
1. Ethan Teregeyo Calvo	18-018	17-0025
2. David Palacios DLGuerrero	18-019	17-0040B
3. Daro R. Cabrera	18-020	16-0138
4. Kfis Kris Pino	18-021	14-0130B

IV. Adjournment

If deemed necessary, members of the Board of Parole may elect to vote to meet in Executive Session to discuss any of the items listed above.

If you have any question or need additional information, please contact the Board of Parole Office at telephone numbers 664-3300 or 664-3302.

Ramon B. Camacho
BOP Chairman Date

Oliver M. Manglona (F0489)
Attorney at Law
Plata Drive, Whispering Palms (Chalan Kiya)
P.O. Box 7862 SVRB
Saipan, MP 96950
Tel: (670) 285-3750
Fax. (670) 234-5749
Attorney for Petitioner Philip Pinaula Muna

IN THE SUPERIOR COURT OF THE COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

Civil Action No. 18-0422

IN THE MATTER OF THE ESTATE OF DORIS DOLORES PINAULA MUNA, Deceased.) **NOTICE OF HEARING ON PETITION FOR LETTERS OF ADMINISTRATION AND APPOINTMENT OF ADMINISTRATRIX; and NOTICE TO CREDITORS**

Judge: Joseph N. Camacho
Date: October 25, 2018
Time: 9:00 a.m.
Courtroom: TBD

TO: THE GENERAL PUBLIC, ANY HEIRS, CLAIMANTS, OR CREDITORS OF THE LATE DORIS DOLORES PINAULA MUNA OR HER ESTATE.

NOTICE IS HEREBY GIVEN that Petitioner, **Philip Pinaula Muna**, has petitioned the Superior Court of the Commonwealth of the Northern Mariana Islands to issue Letters of Administration for the **Estate of Doris Dolores Pinaula Muna, Decedent. The attorney for Petitioner is Oliver Manalang Manglona, Attorney at Law, whose address is Plata Drive, Chalan Kiya, P.O. Box 7862 SVRB, Saipan, MP 96950**.

The hearing on the Petition for Letters of Administration by **Philip Pinaula Muna**, as Petitioner, is scheduled to be heard on October 25, 2018 at 9:00 a.m., at the Superior Court of the Commonwealth of the Northern Mariana Islands, Guma' Hustisia, Civic Center, Saipan, Commonwealth of the Northern Mariana Islands. All interested persons or entities should appear at this hearing.

Any and all persons, creditors, or entities having claims against the Decedent or her Estate are hereby required by law to file their claims with the Clerk of Court within Sixty (60) days of the first publication, or the claim(s) will be barred. A copy of you claim should also be sent to **OLIVER M. MANGLONA, Attorney at Law, at the address herein-above indicated**.

Dated this 26th of September, 2018.

/s/ Clerk of Court
Deputy Clerk of Court

Commonwealth of the Northern Mariana Islands
TINIAN MUNICIPAL SCHOLARSHIP BOARD
Municipality of Tinian and Aguiguan
PO Box 520059 • San Jose Village • Tinian, MP 96952
Phone (670) 433-2200 • Fax (670) 433-1819
Email: tinianscholarship@gmail.com

PUBLIC NOTICE

Pursuant to 1 CMC § 9910(a), the Tinian Municipal Scholarship Board hereby gives notice that there will be a Special Meeting on Tuesday, October 09, 2018 at 4:45 p.m. at the Northern Marianas College, Tinian campus, building B (room E) in San Jose Village, Tinian.

AGENDA

I. PRELIMINARY
  A. Call to Order
  B. Roll Call
  C. Adoption of Agenda
  D. Adoption of Minutes
    September 28, 2018
II. PUBLIC COMMENTS
III. NEW BUSINESS
  A. Appeal Letter
IV. MISCELLANEOUS
V. SCHEDULE OF NEXT BOARD MEETING
VI. EXECUTIVE SESSION[2]
VII. ADJOURNMENT

/s/ Rodney S. Cabarles
Acting Chairman

[1]We ask that remarks be limited to 3 minutes each. Everyone is welcomed to submit written comments on the day of the meeting.
[2]Pursuant to 1 CMC section 9912, the Board may vote to meet in executive session at any time.
[3]Individuals with special needs requiring special accommodations, please contact the TMSB office at least 48 hours prior to schedule meeting for assistance.

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MEMBER

The Associated Press | Pacific Islands News Association

EDITORIAL

Texas' latest Nobel winner says there's a simple thing we need to do to keep winning the prize

Texas native Jim Allison was awarded the 2018 Nobel Prize in Physiology or Medicine this week for developing an "entirely new principle for cancer therapy" that unleashes a patient's immune system to attack tumors.

Allison, a professor at the University of Texas M.D. Anderson Cancer Center in Houston and a mean blues harmonica player, developed the groundbreaking cancer treatment known as "immune checkpoint therapy" along with fellow Nobelist Tasuku Honjo of Kyoto University.

The Nobel has been awarded for cancer research in the past, but this is the first time an actual treatment for cancer has been rewarded. "By stimulating the ability of our immune system to attack tumor cells, this year's Nobel Prize laureates have established an entirely new principle for cancer therapy," said the Nobel committee.

"I'm honored and humbled to receive this prestigious recognition," Allison said in a statement after Monday's announcement. "A driving motivation for scientists is simply to push the frontiers of knowledge. I didn't set out to study cancer, but to understand the biology of T cells, these incredible cells that travel our bodies and work to protect us."

It was this basic science that led to Allison's breakthrough — the development of an antibody to block the "checkpoint" protein on T cells, freeing those cells to attack cancer. This led directly to the first immune checkpoint inhibitor drug, Ipilimumab, approved by the Food and Drug Administration in 2011 for the treatment of late-stage melanoma. This and other immunotherapy drugs have since been used to treat patients suffering from lymphoma, lung, renal and other forms of cancer.

We reached out to the 70-year-old Nobel laureate this week to congratulate him, but also to discuss how basic science — and the federal and state funding behind so much of it — was crucial to his nearly 40 years of research, and scientific and medical progress in general.

"Basic science provides the fundamental foundation for major advances in medical treatment," Allison said. "My early research in T-cell biology was funded by the National Cancer Institute. Basic research isn't often understood. It's complex and requires a thick skin to endure failure after failure in search of success. Getting to answers requires money and patience, but the payoff has the opportunity to save many, many lives."

The National Institutes of Health, Allison said, "remains the largest funding mechanism of medical research in the world." But he also praised his home state, saying, "Texas recognized the opportunity to accelerate discovery and basic science by investing $3 billion over 10 years through the Can-

See TEXAS on Next Page

I LAUGHED AT DONALD TRUMP.
I DIDN'T TAKE HIM SERIOUSLY EITHER AND LOOK WHERE IT GOT ME.
U.N.
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Trump thumbs nose at Constitution, Americans

By SEN. RICHARD BLUMENTHAL
THE HARTFORD COURANT

No president is above the law. Yet, each day since taking office, Donald Trump has repeatedly and flagrantly violated our Constitution. He has thumbed his nose at its plain text, and in doing so, thumbed his nose at the American people as well.

Last Friday, a federal judge in Washington, D.C., ruled in favor of nearly 200 members of Congress seeking to hold President Trump accountable for gross violations of the U.S. Constitution. This ruling in Blumenthal v. Trump was a bombshell and a triumph for the rule of law.

Specifically, U.S. District Judge Emmet Sullivan held that members of Congress have standing to sue the president for violations of the Constitution's foreign emoluments clause. What does that mean, and why does that matter to the American public?

The foreign emoluments clause is our Constitution's chief anti-corruption provision. It requires the president to first seek and obtain the affirmative consent of Congress before accepting any profit, advantage or benefit — an emolument — from a foreign government. The Framers wrote the emoluments clause and made it central to our Constitution because of their fear that this country could be corrupted.

They could not have foreseen Russian cyberattacks. But they could foresee potential Russian influence, or other foreign interference, corrupting our officials through payments and benefits and advantages. They feared that officials would put self-interest above national interest.

So the Framers gave Congress a unique role: The right and responsibility of consent. The Constitution gives Congress the power to review any benefits the president wants to receive from foreign governments and either give or withhold its consent. But we cannot consent to what we don't know. By accepting benefits from foreign governments without first obtaining the affirmative consent of Congress, Trump is preventing Congress from doing its job.

That is why Judge Sullivan last Friday rightly decided we have standing to sue President Trump. This was a milestone victory. Next, the judge will consider whether the foreign benefits and payments routinely accepted by the president without the consent of Congress fall within the prohibition on federal officials accepting emoluments without congressional consent that the Framers enshrined in our national charter.

If the judge concludes that they do, this could eventually mean exposing in court the wide array of foreign government benefits President Trump has been accepting since taking office. And while this is not the purpose of the lawsuit, this could lead to disclosure of the president's tax returns and financial records, which he has fought for years to conceal from the American public.

Because of the nature of our challenge — brought by members of Congress who have a specifically defined Constitutional role here — if we are successful in making our case, then the court will be able to hold the president accountable for the full range of foreign government benefits he is accepting. That includes his Washington, D.C., hotel where foreign dignitaries sleep and dine to ingratiate themselves with the president — without question. But that also extends to benefits, leases and deals of enormous value spanning at least 20 countries. They include leases held by a Chinese government bank and the Saudi government as commercial tenants of Trump's vast empire. They include valuable trademarks granted by China and other governments. They also include foreign government benefits connected with the Trump golf courses, management companies, lucrative licensing deals, permits and property rights spanning the globe. And those are merely the most egregious examples we are aware of — there are certainly far more still concealed from Congress and the American public.

And we will ask that the court enforce the Constitution. We will ask the court to tell the president that he must either relinquish his vast holdings — 500 separate entities, as part of a myriad of holding companies, in at least 20 countries around the world — or he must receive congressional approval to retain the foreign benefits funneled to and through them.

Why will we do this? We will do this to ensure that this president is minding the people's business, not his own. Because no president is above the law.

Richard Blumenthal, a Democrat, is Connecticut's senior U.S. senator.

EDITORIAL POLICY Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

Why boomers should vote like their kids

By STEVE PALUMBI and MARY ROBERTS
LOS ANGELES TIMES

Our friends and peers are asking more and more about our retirement plans, probably because they are thinking about retirement themselves. And although we all may be thinking about it, we find ourselves reluctant to give up our career lifelines.

But if our generation is wary, what are our kids thinking? Many of us have health care plans, pensions, savings, Social Security and Medicare. Our kids are likely to have none of that.

When we were growing up, there were new highways being built, bridges erected, mass transit created and water treatment systems invented. Our kids have seen little in the way of public works improvement.

Instead, their future is overshadowed with serious problems: low wage growth, climate change, the collapse of basic healthcare and a rollback of reproductive health services.

The federal government's ability to address these problems is increasingly hogtied by national debt: $21 trillion at present, or about $1 million for every high school student in the country.

Our kids live in a different society than our generation does, and it's a crueler and more precarious one. This makes us mad and sad in equal measure. And it means voters our age need to change how we do things at the voting booth.

Younger generations were adamant in 2016 that Bernie Sanders was the beginning of an answer. They saw in him, if not a savior, the only national politician willing to acknowledge their predicament.

We worked our way up through companies for decades. Not them. Jobs today are increasingly specialized, and career advancement is attained by quitting and moving to a new company.

We got health insurance through our long-term employers. Now that employers have little loyalty to employees, our kids need healthcare that doesn't hinge on a job.

How many of us got a college education and launched into life nearly debt-free? Not them. They will be saddled with student debt the magnitude of which was unheard of in our day.

How many of us bought starter homes in new neighborhoods with good public schools? Not them. In the few cities with good tech jobs, even starter apartments are virtually out of reach.

There are solutions to these problems. Nearly every advanced society in the world is doing a better job of finding them than we are. In America, clearly, fixes are not going to come from our senior political leaders, big companies or the clergy.

Rather, solutions are bubbling up from a new crop of politicians who are willing to face the world our kids live in, because they themselves live in the same world. This diverse set talks of investing in healthcare for all, education for all, infrastructure for the future and jobs that value workers.

The main reason we recognize the potential in these candidates is because our kids know about them, and tell us. Their solutions may not seem perfect, or perfectly practical, to our generation. But at least these hopefuls are grappling directly with the intractable problems our kids will need to solve.

Some of these candidates are on the national radar. Alexandria Ocasio-Cortez, in New York, who defeated Rep. Joseph Crowley in the Democratic race for the House. Beto O'Rourke, the 45-year-old congressman from El Paso who is closing in on Ted Cruz's Senate seat.

But the few who have attracted headlines are not alone. A whole wave of younger, bolder, more diverse candidates is emerging. They are running for school board seats, county administrators, state representatives. With our help, this new wave could crest.

In the next few weeks, we ought to listen to our kids. Ask them whom to vote for and why. Perhaps we won't agree with their choices, but we ought to believe in them enough to vote their way anyway.

The middle of this century will be theirs to navigate. They need and deserve the power to begin forging a path through it. We can give them a boost.

For the first time in our country's history, the next generation will be worse off than our own. Our kids are wise enough to see their crumbling future and inspired enough not to despair in the face of it. Why not prioritize their needs in the midterm election.

Signs in our neighborhood read, "Drive like your kids live here." In that spirit, this November, vote like your kids live here. Because they do.

Steve Palumbi and Mary Roberts live in Pacific Grove, Calif.

LETTER TO THE EDITOR

CW condition 2 warning

We don't wait for condition 1 to prepare for a typhoon and we should follow this same wisdom when it comes to the CWs and their children who are U.S. citizens because we are already in condition 2 figuratively. It will take years to build a complete Affirmative Action Program for U.S. workers in transitioning our workforce. I have written about the CW issue several times offering the advise that we need to expand NMTI to be a "complete Vocational Systemic Education Program" if we are to maximize our efforts in getting our youth the education and experience they need to replace as many CWs as possible. We may never be able to replace all of the CWs but by putting our best efforts forward it will give us a better chance of employing as many locals as possible and it will be a significant factor in the future decision of the U.S. Congress on the CWs in 2029. There is also a growing population of young Filipino-Americans whose parents are subject to being deported for good in 2029. This is not only an "Employee-Employer issue but a real humanitarian issue as well with children facing the lost of their parents so the time to begin preparing for super typhoon CW-termination arrival is now as it is already barreling down upon us with CWs facing deportation.

We have gone to Washington time and time again asking for extensions but we have never offered a complete "systemic plan" to replace as many CWs as possible. The bill to merge NMTI was critical to developing a systemic plan but it was killed. But I do want to thank Kilili for his work to get the CW extension and I know the governor has been overwhelmed with the CW challenge and other CNMI business. But I will be contacting the Governor's Office to make a compassionate plea for our Government to truly take the Bull-by-the-horns by implementing real reforms and a real comprehensive plan to meet the 2029 workforce goal along with building a humanitarian case for CWs with children in the CNMI to be presented to the U.S. Congress long before 2029—the extension game is over and that's a fact Jack as we say in the hood!

I also want to give a shout-out to my late friend Mr. Tony Pelegrino who was a man ahead of his time who realized the CNMI must invest much more in vocational education if we are to give our youth other options than moving to the mainland given most jobs are taken by CWs. Our plan should be driven to use as many of our graduating students as possible to replace CWs. I do want to remind the government, PSS, and NMTI that the research I did in Mexico for the U.S. Dept. of Education proved that their public service program researched based and it works as it trains students in high school and college to get experience for grades in all fields or employment and employers get free labor which is a win, win, win scenario for students, employers, education, and the entire country of Mexico. Hopefully I will be able to gain the interest of the governor in a public service program that will cover 90 percent of the professions and skills in the private sector that are being held by CWs because PSS/BOE won't give me the time of day.

These job fairs are OK but they don't make a dent in the real challenge to transition an entire workforce.

The business sector has taken up all the front-row seats on this issue even traveling to Washington but we have yet to address the Humanitarian aspect of the CW situation. The businesses are rightfully concerned but just imagine if some of the CW children would have gone to Washington to plead their case of losing their parents it might have been a very different Bill but that strategy was never considered and it's all spilled milk now as we can't go back and change it. But we can go forward with the inclusion of the Humanitarian Issue in the future. Being a teacher I truly feel for those students who are now living a life of trepidation with the threat of losing their parents who want their children to stay and take advantage of the better quality of life in America vs the impoverished conditions of the Philippines. We have only been fighting on one front when we should have been fighting on both fronts to transition some workers and to retain others – it's called a balanced and flanking attack that usually yields success!

I know that I'm not right all the time but I'm very confident that most of the time I am hitting the nail directly on the head figuratively. The public service program is not something our leaders should be trying to ignore because it came from Ambrose, the outsider, but because it is the right thing to do! PSS needs to change its curriculum from being so heavily academic to one of being an academic/vocational education system with the inclusion of NMTI to oversee the vocational aspect. This the kind of genuine reform we need to prepare for super typhoon CW-termination, not job fairs that don't offer additional education or experience and only a small handful of high school graduates will get these jobs anyway. It should be noted that a large majority of our high school grads don't even go or intend to go to college so we need to take the appropriate steps to get these students the experience they need while they are in school so when they graduate they will literally be guaranteed a job and even a career. This will also help to stop so many of our youths from dreaming about leaving to get a job on the mainland when they can have a career here in the CNMI.

It's condition 2 so let's gets started now as time in not our friend on this issue. We are going to be facing desperate situations in businesses and in families if we don't start taking some real systemic desperate measures now! We don't even need to re-invent the wheel figuratively as we have a proven successful working model to transition our workforce. I hope and pray the governor and someone at BOE will listen and that our CWs with U.S. children will be given some form of permanent status. It should also be noted that there are those in our leadership who don't want the CWs' youth to stay either for fear of a new voting block of Filipinos, but they need to know it is already too late to worry about that because they are already active in the voting process, just check out social media.

Ambrose M. Bennett
Kagman

TEXAS

From Page 10

cer Prevention and Research Institute of Texas."

Biotech and pharmaceutical companies, explained Allison, fund the late-stage research that brings well-developed therapies to clinical trial — and philanthropy also is quite helpful. "But without that early funding of basic science from the government, many of the therapies that currently treat millions of cancer patients worldwide simply wouldn't exist," he said.

Allison says investment by the federal government has been a "roller-coaster ride over the past 20 years." It's been no different under the Trump administration, with the president first threatening to slash National Institutes of Health funding by more than 20 percent, only to have Congress approve a two-year budget agreement that actually boosts spending by about $3 billion — a nearly 9 percent increase.

We agree with Allison that investing in basic science is one of the best uses of federal and state taxpayer money. When politicians talk of cutting funding to the National Institutes of Health and other funders of basic research, they are not "draining the swamp" but strangling the goose that lays the golden egg.

When it comes to cancer treatment, and perhaps one day a cure, Allison speaks enthusiastically but bluntly: "We've had some wonderful results in the clinic with immune checkpoint blockade helping 20-30 percent of patients with some types of cancer. But that clinical success has outrun our scientific knowledge of how these drugs can be combined with other therapies to improve treatment for more patients and reduce unwanted side effects. We need sustained basic science research to more efficiently guide our progress."

The need for greater basic understanding has not passed, Allison says. "I hope everyone — including our government — can see what's possible when time and money are invested in understanding the basics of how our bodies function. There is so much more to learn, and steady funding of basic science can help us get there faster."

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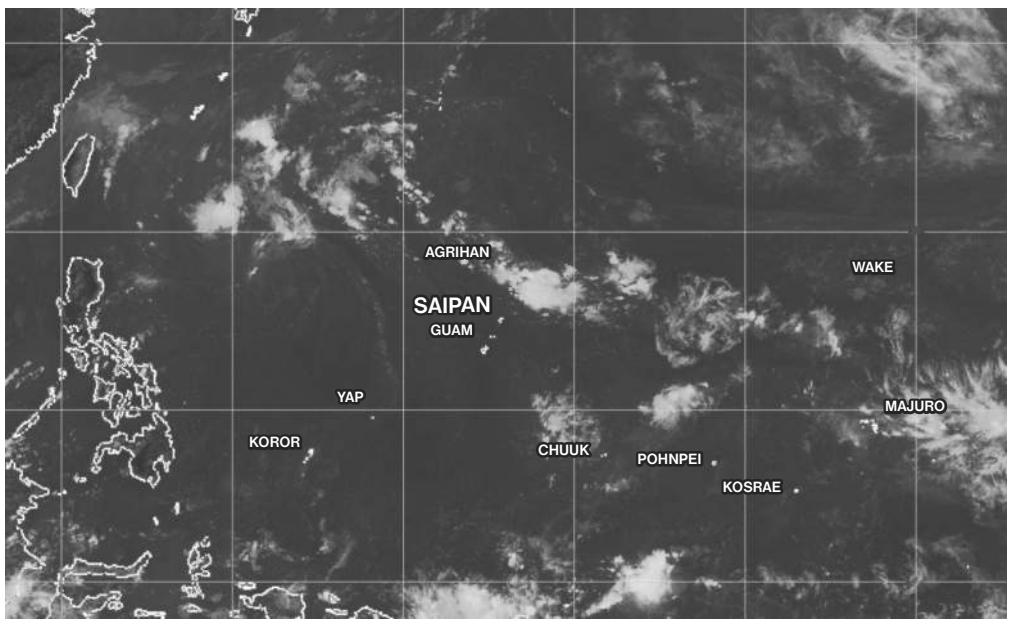
The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Partly cloudy with isolated showers. East winds around 10 mph.	Partly cloudy with isolated showers.	Partly cloudy with isolated showers.	Partly cloudy with isolated showers.	Mostly cloudy with isolated showers.
▲90° ▼77°	▲90° ▼77°	▲90° ▼77°	▲90° ▼77°	▲90° ▼77°

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 7:20 AM, SUNDAY, OCTOBER 7, 2018
Western North Pacific between equator and 25N from 130E to 180.

A ridge of high pressure covers the Marianas this morning. A relatively dry weather pattern will prevail across the local area through the week. East to northeast trade-winds are expected through the forecast. Winds will be light the next few days, high pressure building out over the Northwest Pacific will elevate the winds the second half of the coming week. Models show only patches of showers through the forecast and expect only partly cloudy skies and isolated showers until Thursday night. Trade-wind convergence will produce an increase in clouds starting Friday and persisting through Saturday.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA		▲ ▼ °F
Guam and Rota	Thunderstorms	86° / 79°
Palau	Partly Cloudy	86° / 78°
Yap	Mostly Sunny	86° / 79°
Chuuk	Partly Cloudy	87° / 80°
Pohnpei	Thunderstorms	88° / 77°
Kosrae	Thunderstorms	88° / 77°
Majuro	Thunderstorms	86° / 81°

AROUND THE GLOBE		▲ ▼ °F
Auckland	Mostly Sunny	61° / 52°
Beijing	Partly Cloudy	64° / 41°
Hong Kong	Mostly Sunny	86° / 75°
Honolulu	Showers	86° / 75°
London	Mostly Sunny	63° / 50°
Los Angeles	Sunny	76° / 59°
Manila	Thunderstorms	91° / 77°
Melbourne	Showers	68° / 52°
Miami	Thunderstorms	87° / 79°
New York	Partly Cloudy	77° / 66°
Osaka	Sunny	77° / 63°
Paris	Sunny	75° / 55°
Busan	Partly Cloudy	70° / 57°
Rome	Showers	75° / 61°
Salem	Thunderstorms	87° / 71°
San Francisco	Sunny	68° / 52°
Seoul	Showers	64° / 48°
Tokyo	Partly Cloudy	73° / 64°
Washington, DC	Partly Cloudy	82° / 67°

NMI CRIME STOPPERS
Anonymous tips can now be submitted through the following:
- Call 234-7272 (PARA) on any telephone
- *11 on any IT&E cellular phone
- Log on to the internet at www.nmicrimestoppers.net

TIDES: SAIPAN HARBOR TODAY	FEET
12:49 AM	LOW TIDE	0.52
6:28 AM	HIGH TIDE	1.93
1:01 PM	LOW TIDE	0.11
7:11 PM	HIGH TIDE	2.03

DAY	SUNRISE	SUNSET
Today	6:07 AM	6:01 PM
Tuesday	6:07 AM	6:00 PM
Wednesday	6:07 AM	6:00 PM
Thursday	6:07 AM	5:59 PM
Friday	6:08 AM	5:58 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	4:59 AM	5:32 PM	-
Tuesday	5:56 AM	6:17 PM	-
Wednesday	6:52 AM	7:01 PM	-
Thursday	7:47 AM	7:46 PM	-
Friday	8:42 AM	8:31 PM	-

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FLIGHT SCHEDULE AS OF SEPTEMBER 26, 2018

SAIPAN-GUAM (GUM)

UA105	4:55am	5:41am	3, 5
UA117	8:45am	9:30am	Daily

GUAM (GUM)-SAIPAN

UA174	7:00am	7:45am	Daily
UA104	11:30pm	12:16am+1	2, 4

SAIPAN-BUSAN (PUS)

7C3451	3:10am	6:10am	Daily

BUSAN (PUS)-SAIPAN

7C3452	9:05pm	2:10am+1	Daily

SAIPAN-SEOUL (ICN)

TW9308	1:10am	4:10am	3, 4
TW308	1:35am	5:20am	Daily
OZ626	2:20am	6:00am	1
OZ626	2:50am	6:30am	2, 3, 4, 5, 6, 7
TW9308	3:20am	6:30am	2
TW9308	3:25am	6:30am	5
7C3403	4:45am	8:30am	Daily
7C3401	4:10pm	7:45pm	Daily

SEOUL (ICN)-SAIPAN

7C3402	9:30am	3:10pm	Daily
TW9307	6:30pm	12:10am+1	2, 3
TW307	7:00pm	12:35am+1	2, 3, 4, 5, 6, 7
TW307	7:05pm	12:35am+1	1
OZ625	8:15pm	1:45am+1	1, 2, 3, 4, 5, 6
OZ625	8:40pm	2:10am+1	7
TW9307	9:00pm	2:20am+1	1
TW9307	9:05pm	2:25am+1	4
7C3404	10:10pm	3:40am+1	Daily

SAIPAN-SHANGHAI (PVG)

3U8648	6:10am	8:30am	1, 4, 5, 7

SHANGHAI (PVG)-SAIPAN

3U8647	10:30pm	4:30am+1	3, 4, 6, 7

SAIPAN-HANGZHOU (HGH)

JD396	7:30am	11:00am	1
JD396	4:50pm	7:55pm	4

HANGZHOU (HGH)-SAIPAN

JD395	8:05am	3:30pm	4
JD395	9:35pm	5:00am+1	7

SAIPAN-GUANGZHOU (CAN)

3U8646	4:20am	7:35am	2, 6

GUANGZHOU (CAN)-SAIPAN

3U8645	8:20pm	2:50am+1	1, 5

SAIPAN-BEIJING (PEK)

MU764	1:30am	6:00am	3, 5, 7

BEIJING (PEK)-SAIPAN

MU763	4:55pm	12:30am+1	2, 4, 6

SAIPAN-MANILA (MNL)

OZ626/701	2:20am	11:05am	1 via ICN
OZ626/701	2:50am	11:05am	2, 3, 4, 5, 6, 7 via ICN
UA117/183	8:45am	8:50pm	2, 5 via GUM
UA117/183	8:45am	9:10pm	1, 3, 4, 6, 7 via GUM
UA117/193	8:45am	10:40pm	2, 5 via GUM-ROR

MANILA (MNL)-SAIPAN

OZ702/625	12:15pm	1:45am+1	1, 2, 3, 4, 5, 6 via ICN
OZ702/625	12:15pm	2:10am+1	7 via ICN
UA192/174	9:45pm	7:45am+1	2, 5 via GUM-ROR
UA184/174 via GUM	10:25pm	7:45am+1	1, 3, 4, 6, 7
PR110/UA174	10:55pm	7:45am+1	Daily via GUM
UA184/174	11:30pm	7:45am+1	2, 5 via GUM

SAIPAN-HONG KONG (HKG)

HX077	2:00am	5:00am	1, 4
OZ626/721	2:20am	11:40am	1 via ICN
OZ626/721	2:50am	11:40am	2, 3, 4, 5, 6, 7 via ICN
UO43	5:30am	8:25am	1
UO43	6:00am	8:40am	3, 5, 7
UA117/159	8:45am	9:50pm	1, 3, 5, 6 via GUM

HONG KONG (HKG)-SAIPAN

OZ722/625	1:10pm	1:45am+1	1, 2, 3, 4, 5, 6 via ICN
OZ722/625	1:10pm	2:10am+1	7 via ICN
HX076	5:15pm	12:15am+1	3, 7
UO42	6:25pm	1:25am+1	7
UO42	9:25pm	4:30am+1	2, 4, 6
UA116/174	10:45pm	7:45am+1	1, 3, 5, 6 via GUM

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); 3U Sichuan Airlines, 7C Jeju Air, DL Delta Airlines, JD Beijing Capital, UO HK Express, HX HongKong Airlines, MU China Eastern, OZ Asiana Airlines, TW t'way Air, UA United Airlines, PR PAL Express; ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The* Saipan Tribune *is not responsible for any changes in the schedule.)*

STAR MARIANAS AIR, INC.

SAIPAN TO ROTA

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1301	7:30AM	8:00AM	Daily
1302	11:30AM	12:00PM	Daily
1303	4:00PM	4:30PM	Daily

ROTA TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3101	8:15AM	8:45AM	Daily
3102	1:45PM	2:15PM	Daily
3103	4:45PM	5:15PM	Daily

ROTA TO GUAM

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3401	12:15PM	12:45PM	Daily

GUAM TO ROTA

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
4301	1:00PM	1:30PM	Daily

SAIPAN TO TINIAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1201	7:00AM	7:15AM	Daily
1202	8:00AM	8:15AM	Daily
1203	9:00AM	9:15AM	Daily
1204	10:00AM	10:15AM	Daily
1205	11:00AM	11:15AM	Daily
1206	12:00PM	12:15PM	Daily
1207	1:00PM	1:15PM	Daily
1208	2:00PM	2:15PM	Daily
1209	3:00PM	3:15PM	Daily
1210	4:00PM	4:15PM	Daily
1211	5:00PM	5:15PM	Daily
1212	6:00PM	6:15PM	Daily

TINIAN TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
2102	7:30AM	7:45AM	Daily
2103	8:30AM	8:45AM	Daily
2104	9:30AM	9:45AM	Daily
2105	10:30AM	10:45AM	Daily
2106	11:30AM	11:45AM	Daily
2107	12:30PM	12:45PM	Daily
2108	1:30PM	1:45PM	Daily
2109	2:30PM	2:45PM	Daily
2110	3:30PM	3:45PM	Daily
2111	4:30PM	4:45PM	Daily
2112	5:30PM	5:45PM	Daily
2113	6:30PM	6:45PM	Daily

Assistance available for eligible residents, biz owners

The CNMI Office of the Governor, Office of Homeland Security and Emergency Management encourages residents and local businesses who sustained property loss or damage from Typhoon Mangkhut to apply for Disaster Survivor Assistance.

Currently, the best method to register for disaster assistance in the CNMI is by speaking directly with Disaster Survivor Assistance personnel.

While disaster survivors can also register online by visiting www.disasterassistance.gov or by calling 1-800-621-3362, registering in-person is preferable because the Disaster Survivor Assistance staff is able to ensure the CNMI addresses are accurately reflected in our system.

Sites for disaster assistance

FEMA Disaster Survivor Assistance personnel will be supporting disaster survivors by providing opportunities to register for disaster assistance, and by providing referrals to additional resources available to assist those impacted by Typhoon Mangkhut.

The following sites are open to accept Disaster Assistance applications:

- ROTA – Mayor's Office today through Friday, from 9am to 5pm
- SAIPAN – Joeten-Kiyu Library today through Saturday, from 9am to 4 pm
- TINIAN – Dept. of Commerce Building by the Municipal Baseball Field in San Jose Village today through Friday, from 8am to 4pm, and on Saturday from 8am to 12pm

What to bring with you

To ensure a faster, more efficient application process, obtain the following information PRIOR to heading to the nearest Disaster Assistance designated site:

- Social Security Number (one per household)
- Address of the damaged home or apartment
- Description of the damage
- Information about insurance coverage (ensure you obtain policy no. information)
- Telephone number
- Mailing address
- Bank account and routing numbers for direct deposit of funds

SBA stands postured to help

Low-interest federal disaster loans are now available to businesses and residents as a result of President Trump's major disaster declaration, U.S. Small Business Administration's Administrator Linda McMahon announced.

"SBA is strongly committed to providing Rota, Saipan and Tinian with the most effective and customer-focused response possible and with access to federal disaster loans to help businesses and residents affected by this disaster," said McMahon. "Getting our businesses and communities up and running after a disaster is our highest priority at SBA."

To be considered for all forms of disaster assistance, survivors must first contact the Federal Emergency Management Agency atwww.disasterassistance.gov. As soon as Federal-State Disaster Recovery Centers open throughout the affected area, SBA will provide one-on-one assistance to disaster loan applicants. Additional information and details on the location of disaster recovery centers is available by calling the SBA Customer Service Center at (800) 659-2955.

Types of assistance available through FEMA

The declaration includes both Individual Assistance and Public Assistance to help people and communities recover from Typhoon Mangkhut.

Individual Assistance is provided by the Federal Emergency Management Agency (FEMA) directly to eligible individuals and families who have sustained losses due to disasters.

Public Assistance provides reimbursement grants to state/territorial and local governments, as well as certain nonprofit entities to assist them with the response to and recovery from disasters. Specifically, the program provides assistance for debris removal, emergency protective measures, and the permanent restoration of infrastructure.

Disaster relief and recovery is a whole community effort

Disaster recovery is a whole community effort. Recovery programs such as Individual Assistance and Public Assistance are just one part of that effort. FEMA and CNMI work closely with voluntary agencies, local government, and the private sector to assist survivors in meeting their disaster-caused, unmet needs.

Follow CNMI on social media

The CNMI Joint Information Center (JIC) urges the community to follow the following social media platforms to get the latest weather updates and information:

- CNMI EOC State Warning Point Facebook: https://www.facebook.com/cnmieocswp/
- CNMI Office of the Governor Facebook: https://www.facebook.com/CNMIGov/ Governor Ralph DLG. Torres Facebook: https://www.facebook.com/ralphdlg.torres/
- CNMI Joint Information Center: https://www.facebook.com/JICNMI/

The CNMI JIC also encourages residents to download HSEM's readyCNMI App available for FREE in the Apple iStore or Google PlayStore to receive the latest weather updates and notifications. ***(PR)***

House passes bipartisan REAL ID driver's license bill for FAS citizens in the US

WASHINGTON, D.C.— Congresswoman Madeleine Z. Bordallo (D-Guam) announced that the U.S. House of Representatives unanimously passed the "REAL ID Act Modification for Freely Associated States Act" (H.R.3398). Bordallo cosponsored this bipartisan bill, introduced by Congressman Don Young (R-Alaska). H.R.3398 is supported by the Ambassadors from the Freely Associated States (FAS). The U.S. Senate passed similar legislation in 2014 and 2016.

H.R.3398 would allow citizens of the Republic of the Marshall Islands, the Federated States of Micronesia, or the Republic of Palau to apply for REAL ID Act-compliant driver's licenses issued by U.S. jurisdictions, including the 50 states, the 5 U.S. territories, and the District of Columbia. Specifically, the bill would allow U.S. jurisdictions to accept an FAS passport as a valid form of identification for proving lawful residence in the United States when applying for a REAL ID Act-compliant driver's license or personal identification card. H.R.3398 would only apply to FAS citizens residing lawfully in the United States under the terms of the Compacts of Free Association. The bill does not alter the current status of Compact migrants.

The REAL ID Act of 2005 sets minimum security standards for licenses issued by U.S. jurisdictions in order to be accepted for federal purposes, such as accessing secure federal buildings, admission to military installations, or boarding commercial airline flights. As of January 22, 2018, all U.S. jurisdictions including the five territories are required to meet the REAL ID Act's minimum security standards, including proof of citizenship or lawful residence in the United States, when issuing driver's licenses and other forms of personal identification. The law does not prohibit U.S. jurisdictions from continuing to issue non-compliant driver's licenses or identification cards, including to foreign nationals or undocumented immigrants.

Bordallo requested assistance for GovGuam to come into REAL ID Act compliance and requested an extension for Guam, which the U.S. Department of Homeland Security granted in 2016. Guam and the Northern Mariana Islands are exempted until October 10, 2018. American Samoa was issued an exemption until October 10, 2019. Hawaii-issued licenses are fully compliant with the REAL ID Act. GovGuam continues to work with the U.S. Department of Homeland Security to come into full compliance with the Real ID Act.

"I strongly support the REAL ID Act modification for FAS citizens passed unanimously by the House late Wednesday evening. FAS citizens residing lawfully in the United States, including our neighbors living in Guam, should not be denied the ability to apply for REAL ID Act-compliant licenses," said Bordallo.

"I applaud my friend Congressman Young for his leadership on this important issue for the FAS community. I urge my Senate colleagues to also take up and pass this important bill so it may be signed into law," added Bordallo. ***(PR)***

Disability partners discuss iCanConnect Program updates

Last Sept. 20, the Disability Network Partners, or DNP, met with Cathy Kirscher of the Helen Keller National Center of San Diego, California at the Office of Vocational Rehabilitation (OVR) to discuss updates regarding the CNMI's iCanConnect Program. This is Kirscher's second visit to the islands.

DSP is comprised of the Office of Vocational Rehabilitation/Independent Living Older Blind Program, Assistive Technology Program/ Council on Developmental Disabilities, Northern Marianas College (University Centers for Excellence in Developmental Disabilities, Disability Supports Services, and Learning Supports Services), Center for Living Independently, Department of Labor/Workforce Investment Agency Division, and the State Rehabilitation Council.

The CNMI, through the Federal Communications Commission, was allotted $51,120 for 2018-2019 to provide individuals, with both significant vision and hearing loss, with free equipment and training through the iCanConnect Program, a national program that helps people stay connected with the world.

So far, the CNMI iCanConnect Program has conducted outreaches to increase public awareness about the program and continues to provide services to a qualified individual from Tinian so that with technology, she may be connected with family and friends.

Kirscher is the regional representative for the Southwest region that includes the U.S. Territories, and she manages the CNMI's funds. She reported during the meeting that last year some of the unspent funds were diverted to Hawaii and New York to help meet the technology needs of folks who have both vision and hearing impairments.

According to Kirscher, we will need to increase the number of individuals served by this program. In Guam, they have about four or five individuals who are being served, but then their population is about three times that of the CNMI.

Ellena Sutton, caseworker assistant for the Independent Living Older Blind Program with OVR, also met with Kirscher regarding two ILOB referrals: one from Saipan and the other from Rota. We are hoping that the number of referrals will continue to increase.

If you know of anyone who has both vision and hearing impairments, refer them to the iCanConnect Program by contacting Raymond Diaz, Assistive Technology Program coordinator, at 664-7003 or Carla Torres, ATP, at 483-1143.

Also, please help to spread the word about the iCanConnect Program. For more information including how to apply, check out www.icanconnect.org. ***(PR)***

CONTRIBUTED PHOTO

Representatives from various DNP agencies or organizations are shown in this group photo after a productive meeting regarding the CNMI's iCanConnect Program on Sept. 20, 2018. Seated from left to right are: OVR Counselor Shana Iguel, ILOB caseworker assistant Ellena Sutton, Cathy Kirscher of the Helen Keller National Center in San Diego, CA, OVR counselor Jane Tudela and acting director for Learning Supports Services Kaelani Demapan. Standing from left to right are: OVR administrative assistant Elvira Seman, WIA Federal Program coordinator and SRC interim chair Frances Torres, OVR director Arlene Yamagata, AT Program coordinator Raymond Diaz, CLI executive director Susan Satur, UCEDD Program manager Jennifer Castro, and DSS counselor Lucille Deleon Guerrero.

CCA board thanks MMAC supporters

CONTRIBUTED PHOTO

Marianas March Against Cancer 2018-CCA members recently received a donation in the amount of $148,898.17. Standing from left: Juan L. Babauta, executive director; Cesar Dumatol, CCA board treasurer; Manny P. Borja, MMAC Accounting chairman; Bobby A. Cruz, MMAC chairman; Carline B Sablan, MMAC co-chairwoman; Bo T. Palacios, board president; Nora R. Sablan, board vice president; Malua Peter, board member; Lauri B. Ogumoro, board member; and Dan Harding, CHCC radiologist.

The Commonwealth Cancer Association Board of Directors expressed its gratitude and heartfelt appreciation to the many individuals, organizations, families, partners, and sponsors who helped make the 2018 Marianas March Against Cancer fundraiser a resounding success.

For over a decade, the MMAC is CCA's signature annual fundraising event. This year's event marks the 16th year of hard work, commitment, and teamwork of many dedicated volunteers that have made CCA's services and programs successful in our community. The event was held on May 11 and 12, 2018 at Hopwood Middle School Field.

The CCA board thanked and recognized the following:

■ Teams and captains-Joeten Daidai Foundation/ Grace Christian Academy (Patty T. Palacios/Kristina Tenorio/Sumin Melody Woo); Team Bodig (Bridgette DLG Camacho); Triple J Lancheros (Valentina Haberman/Ronnie Aguon/Shirley Rodriquez); Mount Carmel Knights (Erica Mendiola); Talaabwogh StaR (Sheila Babauta/Vinnie F. Sablan/Malcolm Omar); IT&E-Saipan Southern High School (Laarni Zapanta/Arisa Sakai); Pacific Islands Club (Meng Santos); Tan Holdings-Kagman High School (Raymond Zapanta/Merlie Tolentino/Mel Naputi/Kyle Kateo); Bridge Capital/MyPROS (Cristi Cabaltica/Nola Hix); CHADIC (Bernadette San Nicolas/Bonnie Borja); CNMI government/Ayuda Network (Shelane Borja & Tina Marie Aguon); Docomo Pacific/ Ol'Aces (Brent Deleon Guerrero/Elias Rangamar/Preston Basa); Faiye' (Amanda Somol/Obelina S. Romolor); Hopwood Middle School/ Marianas Resort & Spa (Christine Tudela/Sonya-Jane Olopai/William Retardo); IPI Dolphins (Jaclyn Litulumar/ Kent Kalen/Alex Palacios); Marianas Health Services (Kaainoa Leinaala/George Cruz); NMC/LDTF (Eveilynn Santos/Bonnie Royal); NMI-FA (Jeshwin Angeles); PSS/ Saipan Paddling Club (Rose Ada-Hocog); Tribe Marianas (Rob Travilla).

■ MMAC Executive Committee Officers-Bobby A. Cruz (Overall chairperson); Carline B. Sablan (Overall co-chair); Catherine Attao-Toves, (Recruitment); Nola Hix & Monique B. Sablan (Sponsorship); Emanuel Borja, Ashley Benavente (Accounting); Kevin Bautista, Juan L. Babauta (Public relations); Jenypy Sambile, Kaelani B. Demapan (Luminary); Krizia Mendoza (T-Shirts); Janine Nogis, Frank Borja, Ricky Itibus (Site/Logistics); Carol Hosono, Prunella Pelligrino (Entertainment); Sharina Clark, Jenniffer Cubangbang, Annette Pladavega (Survivors); +Patricia Kaipat, Ann Tagabuel and Juan L. Babauta (CCA Liaison).

MMAC sponsors:

■ Star Sponsor-Tan Holdings, Tan Siu Lin Foundation

■ Platinum Sponsor-IT&E

■ Title Sponsors- Bank of Guam; DFS Galleria Saipan, Ltd.; Joeten Daidai Foundation; Marianas Variety; KZMI FM 103.9; Take Care; GPPC, Inc.; Docomo Pacific; Dave Electronics; McDonalds of Saipan; Saipan Computer Services; Kanoa Resort; SkyWalker; and Saipan Mayor's Office.

■ Major Sponsors-Dr. Dela Cruz, Vicky & Family; Xerox. Trader's Insurance; Island Apparel; Sorensen Media Group; Ambyth Shipping; Brabu Pharmacy; First Hawaiian Bank; Hyatt Regency Saipan; MARPAC Distributors; Kensington Hotel; Hofschneider Engineering Corporation; PHI Pharmacy; Fiesta Resort; Saipan Seventh Day Adventist Clinic; Herman's Modern Bakery; Making Memories; Hopwood Middle School

■ Supporting Sponsors-Express Financial; American Red Cross; Artman Corporation; CNMI Department of Public Safety; CNMI Department of Public Works; Department of Fire & Emergency Medical Services; Commonwealth Healthcare Corporation, Division of Public Health (Comprehensive Cancer Control Program; Commonwealth Utilities Corporation; CNMI Office of Homeland Security & Emergency Management; Hilitai Entertainment; Jesus is Lord Band; Lao lao Bay Golf Resort; Marianas Resort & Spa; Marianas High School JROTC Batallion; Marianas Music Association; Marianas Visitor's Authority; Micro Mix; Natural Nail Spa; Nila's Salon; Northern Marianas Amateur Sports Association; Saipan Municipal Council; Uprooted Band, and Young Gunz Marianas;

■ Individuals-All cancer survivors, Rep. Angel D. Demapan, Rep. Blas Jonathon (BJ), Jay Babauta, Rep. Donald Barcinas, Anthony James Lee Benavente, Rep. Ivan Blanco, Daniel Cruz, Tayo Cruz, Fausia Dela Cruz, Martin Dela Cruz, Marvin Deleon Guerrero, Gederraryn Domingo, Keoni Hosono, Greg Iginoef, Rep. Joe Itibus, Clayton Izuka, Jackie Jacutan, James Jacutan, Gus Kaipat, Ray S. Lizama, Judy Mendiola, Marcilynn Kaneshi Palek, Janel Pangelinan, Rep. Ed Propst, Elias Rangamar, Congressman Gregorio "Kili-li" Sablan, Edelshia Sablan, Rep. Gregorio C. Sablan, Jr., Rep. John Paul P. Sablan, Rep. Vinnie Sablan, Joyce Santos, Jordan Sundell, Natashia Tomokane, Mark Toves, Rep. Edmund S. Villagomez, and Haydn Villegas.

"All the programs and services provided by the Commonwealth Cancer Association, such as the $500 direct patient assistance, awareness, education and prevention programs, as well as short term equipment rental are funded by the annual Marianas March Against Cancer and Public Law 18-64," board president Bo Palacios said.

"The sea of support from our community and generous individuals who contribute their time and resources to MMAC, many of whom have willingly and graciously participated year after year have made our Association successful throughout the years. Thank you from the bottom of our hearts," he added. ***(PR)***

GRMC to make departmental changes

DEDEDO, Guam—Guam Regional Medical City announces its intention of suspending its Maternal Child Health (MCH) services indefinitely. The date for full closure has been not been confirmed but is anticipated to take place before the end of the year. The units affected by the closure will include Labor, Delivery and Recovery (LDR), Neonatal Intensive Care, Pediatric Intensive Care and Pediatrics.

Currently, Maternal Child Health services are duplicated at both hospitals. "The region's health challenges are too great, with too limited resources to be operating redundant services that can potentially be consolidated," says Dr. Mike Cruz, President and COO. "This is not a novel idea. Many of Guam's civic and healthcare leaders have recommended GMH become the center of excellence for Maternal Child Health and it has not fallen on deaf ears. In fact, Dr. Cabrera and I have already met with our counterparts at GMH for preliminary discussions. GRMC and GMH will further solidify our partnership through the efforts needed for the transition and consolidation of these services."

Effective the official closure date, GRMC will better focus on specialized care, where the hospital excels.

"GRMC's primary goals have not changed, which are to be a center of excellence for cardiopulmonary, neuroscience and oncology services in the region," said Dr. Felix T. Cabrera, Chief Medical Officer. "However, for us to continue providing sustainable and high value specialized care, we have come to a critical juncture where we must refocus our limited resources. In our self-assessment, we have recognized what we can do well. We have also been honest in our assessment that our community is likely better served by consolidating Maternal Child Health back to our GMH partners."

To make an appointment with one of GRMC's Specialty Clinics, please call 645-5500. ***(PR)***

Black Construction gets $82M fixed-price contract in Guam

LOS ANGELES—Tutor Perini Corp. (NYSE: TPC), a leading civil, building and specialty construction company, recently announced that its subsidiary, Black Construction Corp., has been awarded a fixed-price contract valued at approximately $82 million by the U.S. Naval Facilities Engineering Command for the design and construction of an aircraft maintenance facility and a corrosion control hangar with supporting facilities at Joint Region Marianas, Andersen Air Force Base. The scope of work includes the design and construction of (1) a low-rise airframes shop facility with slab-on-grade shallow foundation, reinforced concrete walls and roof, including windows, mechanical, and electrical systems appropriate to Guam earthquake and environmental conditions; and (2) a high-bay corrosion control hangar consisting of two bays: a planned maintenance interval bay and a corrosion control bay.

Work will be performed in Yigo, Guam, and is expected to be completed by January 2021. The contract value will be included in the Company's third quarter 2018 backlog.

Tutor Perini Corporation is a leading civil, building and specialty construction company offering diversified general contracting and design-build services to private clients and public agencies throughout the world. We have provided construction services since 1894 and have established a strong reputation within our markets by executing large, complex projects on time and within budget while adhering to strict quality control measures. ***(PR)***

4 Saipan beaches red-flagged

The Division of Environmental Quality has red-flagged four Saipan beaches and is advising the public not to fish or swim within 300 feet of these locations for the next 48 hours or until otherwise notified.

Affected sites are Central Repair Shop, DPW Channel Bridge, Hyatt Hotel, and San Antonio Beach.

Samples collected from these locations contained excessive concentrations of fecal indicator bacteria (enterococci) that exceeded the CNMI Marine Water Quality Standards. These bacteria can indicate the presence of human and animal waste in the water.

DEQ analyzes water samples collected from Saipan's recreational beaches and storm drainage every Tuesday. For more information, contact DEQ at 664-8500. ***(DEQ)***

Business

Not since 1969: US regains ultra-low 3.7 pct. unemployment

WASHINGTON (AP)—The last time the U.S. unemployment rate was roughly as low as the 3.7 percent it is now — December 1969 — the economy was overheating, inflation was spiking and a short recession soon followed.

Could that happen again?

Probably not anytime soon, most economists say. Yet there are some surprising similarities between today's economy and the late 1960s, when the unemployment rate remained mostly below 4 percent for four straight years.

The jobless rate, the government reported Friday, is now at its lowest level since the 3.5 percent it reached 49 years ago. And the strength looks likely to endure. There are a record number of open jobs, consumers are confident and economic growth has been brisk. America's economic expansion is now the second-longest on record, having already surpassed the boom of the 1960s.

Despite the similar jobless rates, the economy then was very different and by some measures stronger. Nearly a third of U.S. jobs were in manufacturing, which provided solidly middle-class pay and benefits. Prosperity was more broadly shared, with less economic inequality.

It's a period that is frequently recalled with nostalgia, although racial and ethnic barriers, educational disparities and institutional sexism prevented many millions of Americans from participating in it.

"Prosperity has become the normal state of the American economy," a White House report in 1969 said.

Incomes, even after accounting for taxes and inflation, jumped 7 percent in 1964, the best showing of that decade. The biggest annual gain in the current decade, so far, was just 4.2 percent in 2015.

"A family could afford to live on one income and own a house and a car," said Diane Swonk, chief economist at Grant Thornton, a tax advisory firm.

In the late 1960s, more than 95 percent of men in their prime working years either had a job or were looking for one; today's corresponding figure is roughly 89 percent.

Still, a sharp influx of women into the workforce in the 1980s has offset the decline in men in the job market. Overall, a greater proportion of Americans are now working or looking for work than back then.

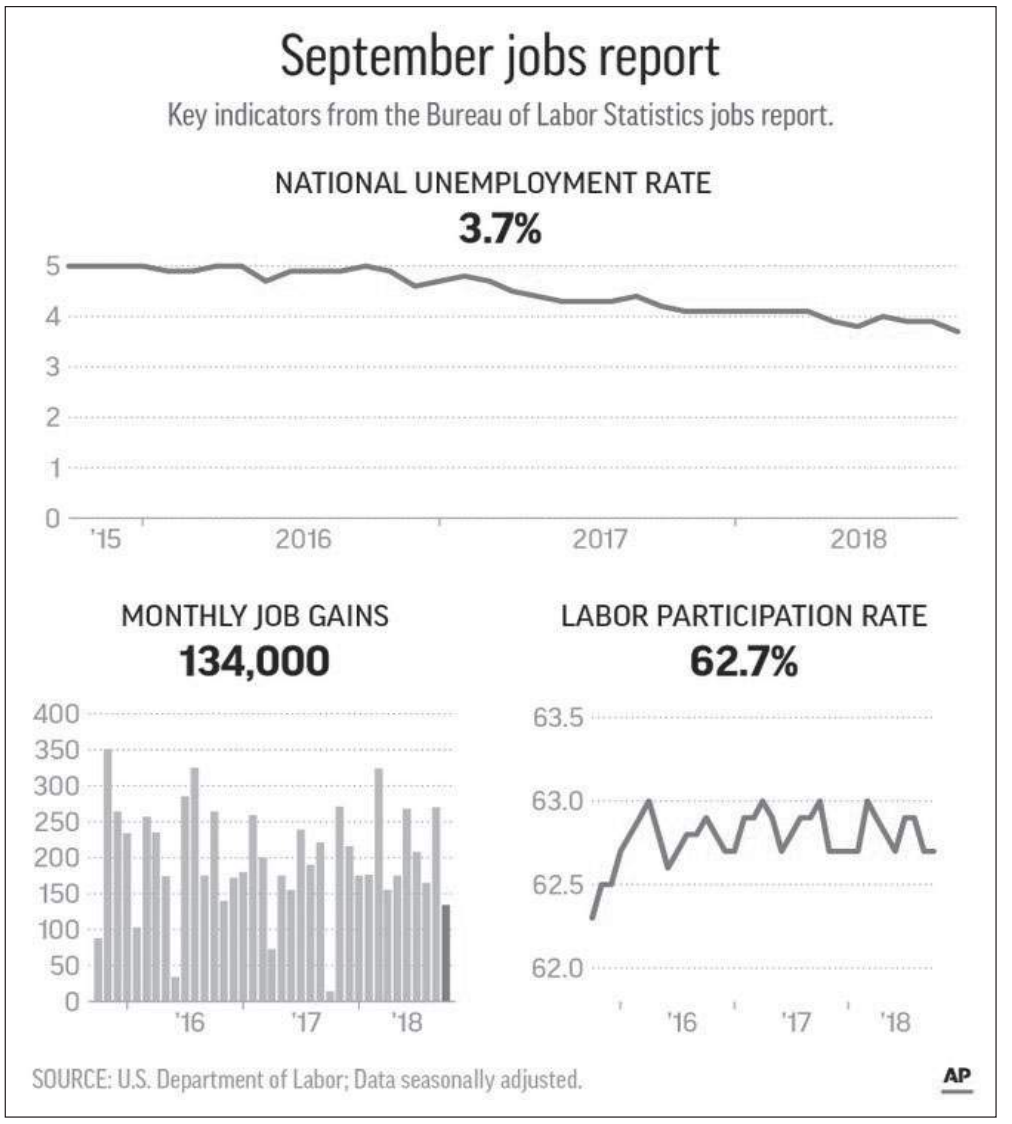
Back in December 1969, a mild recession was beginning. The long stretch of low unemployment had led to a classic case of an overheating economy. Growth was a robust 5.8 percent in 1964. Yet President Lyndon Johnson added more stimulus by ramping up government spending to pay for his expansive "Great Society" anti-poverty programs and for the Vietnam War.

Steel mills and other factories cranked out more goods to support the war effort. Annual growth topped 6 percent in 1965 and 1966. The unemployment rate fell below 4 percent in February 1966.

With more Americans splurging on appliances, televisions and cars, inflation started to accelerate. Prices jumped 4.7 percent in 1968. One in three workers belonged to a union, and many union contracts required annual cost of living increases. So did many non-union contracts.

All that ignited what economists call a "wage-price spiral": Paychecks grew to keep pace with inflation. Inflation, in turn, rose as companies raised prices to afford to pay those higher wages. Inflation hit 6.2 percent in 1969. The stage had been set for more than a decade of soaring prices, escalated by gasoline-price spikes in the 1970s.

Responding to runaway inflation, the Federal Reserve jacked up the short-term interest rate it controls to nearly 9.25 percent in the fall of 1969. Congress also raised taxes in a belated effort to pay for the war and social spending. That double-whammy tipped the economy into a recession, with annual growth plummeting to just 0.2 percent in 1970.



In December that year, the unemployment rate jumped to 6.1 percent. The rate wouldn't fall below 4 percent again for nearly 30 years, until September 2000.

By many measures, the U.S. economy is now in a far different place. The Fed's biggest chronic problem hasn't been overly high inflation. Until very recently, the problem has been overly low inflation. The Fed's preferred inflation gauge remained below its 2 percent target for six years until finally touching it in May this year.

In part, that's because consumer spending is comparatively weak. And, as a consequence, economic growth hasn't topped 3 percent for a full calendar year since 2005 — never mind the 6 percent it achieved in the mid-1960s. Inflation has also been constrained by price competition among online retailers, low-priced imported goods and relatively weak pay raises for many Americans.

After the 2008 financial crisis, the Fed kept its benchmark rate at a record low near zero for seven years. Even after a succession of rate hikes, the Fed's key rate remain in a still-low range between 2 percent and 2.25 percent.

Still, there are parallels between the two eras. The economy had already grown, if modestly, for more than seven years when President Donald Trump added stimulus in the form of corporate and individual tax cuts. Congress later passed legislation that increased spending on defense and social programs.

And while inflation remains low, Trump has imposed tariffs on steel and aluminum and about half the goods the United States imports from China. It has also threatened duties on imported cars. Tariffs tend to elevate inflation by raising costs, which could lead the Fed to step up the pace of its rate increases.

Brexit deal getting closer, European Commission chief says

LONDON (AP)—The chances of Britain and the European Union striking a Brexit deal on their divorce are rising, one of the bloc's leaders said, amid reports the two sides are moving closer on the fraught issue of the Irish border.

European Commission President Jean-Claude Juncker told three Austrian newspapers in comments published Saturday that "the rapprochement potential between both sides has increased in recent days."

Negotiations faltered after the EU said last month that British Prime Minister Theresa May's proposal for post-Brexit economic relations was unacceptable.

The two sides spent days trading bad-tempered barbs, with EU leaders demanding an apology after British Foreign Secretary Jeremy Hunt compared the bloc to the Soviet Union.

But officials have been meeting behind the scenes before a key summit in Brussels on Oct. 17 and 18. EU leaders say there needs to be major progress at the meeting for there to be a deal before Britain leaves the bloc on March 29.

The main obstacle is ensuring there are no customs posts or border checks along the frontier between the U.K.'s Northern Ireland and EU member Ireland. Both sides say the border must be kept open, but haven't agreed on how that can be accomplished.

The Irish border impasse has heightened fears that the U.K. could find itself crashing out of the bloc without a deal. The U.K. government has acknowledged that could leave planes grounded and trucks backed up at British ports.

Juncker said a "no-deal" Brexit would be bad for both Britain and the EU.

"Our will is unbroken to reach agreement with the British government," he said.

Nation's largest mattress retailer files for bankruptcy

HOUSTON (AP)—Mattress Firm, Inc., the nation's largest mattress retailer, filed for bankruptcy protection on Friday, saying its rapid expansion of stores in recent years — with locations often very close to each other — resulted in "cannibalization" of sales.

The Houston-based company filed for Chapter 11 bankruptcy protection in federal court in Delaware, saying it plans to close up to 700 stores around the country as part of its reorganization plan to continue operating.

The company has more than 3,200 stores and more than 9,800 employees in the U.S. and in recent years had aggressively expanded its retail footprint.

In court documents, Mattress Firm said the company's previous management team had made several miscalculations as it rebranded more than 1,300 stores it had bought from competitors in the last two years.

"While these acquisitions allowed (Mattress Firm) to achieve ... presence in markets where they previously had little to no presence, they also led to 'cannibalization' of sales amongst stores in close proximity to each other," the company said. "As a result, many Mattress Firm stores are in direct competition with other Mattress Firm stores, resulting in disappointing sales."

According to court documents, Mattress Firm has more than $1 billion in liabilities and has more than 50,000 creditors. It owes its largest creditor, Atlanta-based mattress maker Simmons Manufacturing Co., nearly $65 million.

In a statement, CEO and president Steve Stagner says the bankruptcy filing will allow the company to "strengthen our balance sheet."

Stagner said the reorganization plan will let the company "provide greater value to our customers, open new stores in new markets and strategically expand in existing markets where we see the greatest opportunities to serve our customers."

The company, founded in 1986, has sales of more than $3 billion. But in court documents, the company said in fiscal year 2018, it is projected to lose about $150 million.

In 2016, Mattress Firm was acquired by South Africa-based retailer Steinhoff International Holdings for $3.8 billion.

Mattress Firm's parent company has been dealing with its own problems as its stock price has drastically tumbled after it reported accounting irregularities that are being investigated.

"The past few years have been tough for Mattress Firm. It had too many stores, faced competitive industry pressures and also had a corporate parent that was rocked by an accounting scandal," said Daniel Lowenthal a New York attorney with Patterson Belknap Webb & Tyler who specializes in bankruptcy law. "But now its goal is to get in and out of bankruptcy fast and regroup with new financing."

Mattress Firm said it hopes to complete its restructuring within two months.

Nation

Kavanaugh sworn in as protesters chant outside Supreme Court

WASHINGTON (AP)— Brett Kavanaugh was sworn in as the 114th justice of the U.S. Supreme Court, after a wrenching debate over sexual misconduct and judicial temperament that shattered the Senate, captivated the nation and ushered in an acrimonious new level of polarization — now encroaching on the court that the 53-year-old judge may well swing rightward for decades to come.

Even as Kavanaugh took his oath of office Saturday evening in a quiet private ceremony, not long after the narrowest Senate confirmation in nearly a century and a half, protesters chanted outside the court building across the street from the Capitol.

AP

Retired Justice Anthony M. Kennedy, right, administers the Judicial Oath to Judge Brett Kavanaugh in the Justices' Conference Room of the Supreme Court Building. Ashley Kavanaugh holds the Bible.

The climactic 50-48 roll call capped a fight that seized the national conversation after claims emerged that he had sexually assaulted women three decades ago — allegations he emphatically denied. Those accusations transformed the clash from a routine struggle over judicial ideology into an angry jumble of questions about victims' rights, the presumption of innocence and personal attacks on nominees.

His confirmation provides a defining accomplishment for President Donald Trump and the Republican Party, which found a unifying force in the cause of putting a new conservative majority on the court. Before the sexual accusations grabbed the Senate's and the nation's attention, Democrats had argued that Kavanaugh's rulings and writings as an appeals court judge raised serious concerns about his views on abortion rights and a president's right to bat away legal probes.

The U.S. Senate confirms the nomination of Brett Kavanaugh to be an associate justice on the U.S. Supreme Court on a 50 to 48 vote. (Oct. 6)

Trump, flying to Kansas for a political rally, flashed a thumbs-up gesture when the tally was announced and praised Kavanaugh for being "able to withstand this horrible, horrible attack by the Democrats." He later telephoned his congratulations to the new justice, then at the rally returned to his own attack on the Democrats as "an angry left-wing mob."

Like Trump, senators at the Capitol predicted voters would react strongly by defeating the other party's candidates in next month's congressional elections.

"It's turned our base on fire," declared Senate Republican leader Mitch McConnell of Kentucky. But Democratic leader Chuck Schumer of New York forecast gains for his party instead: "Change must come from where change in America always begins: the ballot box."

The justices themselves made a quiet show of solidarity. Kavanaugh was sworn in by Chief Justice John Roberts and the man he's replacing, retired Justice Anthony Kennedy, as fellow Justices Samuel Alito, Clarence Thomas, Ruth Bader Ginsburg and Elena Kagan looked on — two conservatives and two liberals.

Still, Kagan noted the night before that Kennedy has been "a person who found the center" and "it's not so clear we'll have that" now.

Noisy to the end, the Senate battle featured a call of the roll that was interrupted several times by protesters shouting in the spectators' gallery before Capitol Police removed them. Vice President Mike Pence presided, his potential tie-breaking vote unnecessary.

Trump has now put his stamp on the court with his second justice in as many years. Yet Kavanaugh is joining under a cloud. Accusations from several women remain under scrutiny, and House Democrats have pledged further investigation if they win the majority in November. Outside groups are culling an unusually long paper trail from his previous government and political work, with the National Archives and Records Administration expected to release a cache of millions of documents later this month.

Kavanaugh, a father of two, strenuously denied the allegations of Christine Blasey Ford, who says he sexually assaulted her when they were teens. An appellate court judge on the District of Columbia circuit for the past 12 years, he pushed for the Senate vote as hard as Republican leaders — not just to reach this capstone of his legal career, but in fighting to clear his name.

After Ford's allegations, Democrats and their allies became engaged as seldom before, though there were obvious echoes of Thomas' combative confirmation over the sexual harassment accusations of Anita Hill, who worked for him at two federal agencies. Protesters began swarming Capitol Hill, creating a tense, confrontational atmosphere that put Capitol Police on edge.

As exhausted senators prepared for Saturday's vote, some were flanked by security guards. Hangers and worse have been delivered to their offices, a Roe v. Wade reference.

Some 164 people were arrested, most for demonstrating on the Capitol steps, 14 for disrupting the Senate's roll call vote.

McConnell told The Associated Press in an interview that the "mob" of opposition — confronting senators in the hallways and at their homes — united his narrowly divided GOP majority as Kavanaugh's confirmation teetered and will give momentum to his party this fall.

Beyond the sexual misconduct allegations, Democrats raised questions about Kavanaugh's temperament and impartiality after he delivered defiant, emotional testimony to the Senate Judiciary Committee where he denounced their party.

Schumer said Kavanaugh's "partisan screed" showed not only a temperament unfitting for the high court but a lack of objectivity that should make him ineligible to serve. At one point in the hearing, Kavanaugh blamed a Clinton-revenge conspiracy for the accusations against him.

The fight ended up less about judicial views than the sexual assault accusations that riveted the nation and are certain to continue a national debate and #MeToo reckoning that is yet to be resolved.

Republicans argued that a supplemental FBI investigation instigated by wavering GOP senators and ordered by the White House turned up no corroborating witnesses to the claims and that Kavanaugh had sterling credentials for the court. Democrats dismissed the truncated report as insufficient.

Military families angry about damage, thefts during moves

By TERRY SPENCER
ASSOCIATED PRESS

Moving is nothing new for Air Force Senior Master Sgt. Bill Weir's family, but their latest transfer was the bumpiest yet.

The Italian moving company the military hired to ship their belongings to New Mexico ruined artwork by wife Vennita, a professional artist. The crew boxed paintings with leaky liquid containers, broke a sunflower sculpture and damaged frescos made at a Florence art school. Especially hurtful, Vennita Weir said: The movers destroyed a Rapunzel figurine their 5-year-old daughter received during a Disneyland Paris trip to celebrate her father's return from Afghanistan.

"How do I tell her that special little figurine we got to commemorate that special day ... is gone?" said Weir, who has made three moves in six years with her husband, who has made nine in 24 years of service. "Her Barbie house is broken beyond repair because they just shoved it in a box. There are all these little things."

Weir is one of several military spouses who told The Associated Press stories of frustration, theft, carelessness and dishonest workers during 2018 transfers, with Bill Weir and others calling this year's move the worst they have experienced.

About 400,000 American military members and civilian employees will move this year with their families. More than 100,000 military members and supporters have signed an online petition demanding improvement to a system that costs taxpayers $2.2 billion annually.

Organizer Megan Harless, an Army veteran whose husband Aaron is a major, said she posted the petition after her family's recent move from Fort Leavenworth, Kansas, to Fort Eustis, Virginia. Movers improperly wrapped china, threw boxes carelessly onto the truck, and lost or stole bags containing the couple's shooting accessories, she said.

"This really is a bad year," said Harless, whose family has moved nine times in 13 years. Once-isolated problems are now "across all branches, all locations."

The military has no exact statistics on problem moves but said surveys show a slight drop in satisfaction. Maj. Carla Gleason, a Pentagon spokeswoman, said the issues arise from a nationwide shortage of truck drivers and a low unemployment rate that has "made it very difficult for providers to find quality labor."

Gleason said the 850 approved contractors are assigned specific jobs using a formula that is 30 percent price and 70 percent previous customer satisfaction. Poorly graded companies are suspended or dropped.

"We are very sympathetic to the sacrifices that our members make and do our best to make sure that high quality providers are moving their possessions. Unfortunately, not every move is perfect," she said.

When the AP contacted a military families Facebook group about transfer experiences this year, complaints came from across the country.

Traci Mayes handled her family's move from Jacksonville, Florida, to Naval Station Great Lakes near Chicago while her husband, Petty Officer 1st Class William Mayes, was deployed. With a 6-year-old son and 3-year-old daughter, she was happy when Shur-Way Moving expedited their delivery from October to Aug. 15. But two crates are missing — including a 70-inch television; supplies for her T-shirt business; and her son's clothes, toys, karate awards and a bank made by his great-grandfather.

"He kept asking me, 'Are the movers mad at me? Did I do something wrong?'" Mayes said. "Trying to explain that to a 6-year-old is very tough."

Also missing, she said, are family letters, photos and birth announcements. She filed a claim for $26,000.

Joe Ambrose, a Shur-Way operations manager, apologized for losing Mayes' belongings but said the company is checking 1,700 storage vaults in hopes of finding them. He doesn't think they were stolen — company employees must pass background checks and surveillance cameras blanket the warehouse. Sometimes crates are mismarked, he said, or delivered to the wrong person, who dishonestly keeps the goods.

"With the amount of tonnage that is handled in a short time during peak season, which is summer, there are going to be service failures," he said.

But not all moving companies fully vet their workers, as Navy wife Amy Alvarez learned. After her husband, an enlisted sailor for 18 years, and their 2-year-old daughter arrived in Hawaii from Jacksonville this summer, the couple noticed his supposedly crated iPad had uploaded new photos to their online storage. They didn't recognize anyone until they saw a Stewart Moving & Storage crew member.

"He stole it. That was the only conclusion we had," Alvarez said.

She notified Florida authorities, who arrested Charles Fort Jr., 59, on theft charges. Florida Department of Corrections records show he's served two burglary sentences.

Stewart Moving apologized for the theft, saying in a statement that it doesn't do background checks on temporary workers like Fort and might stop using temps altogether.

"The people they hire, they need to put a little more thought into it," Alvarez said angrily. ***(AP)***

Asia

Pompeo seeks allied unity in dealing with North Korea

TOKYO (AP)—America's top diplomat left Tokyo for Pyongyang on Sunday after pledging that the U.S. will coordinate with allies Japan and South Korea on efforts to persuade North Korea to give up its nuclear weapons.

On the eve of his fourth visit to North Korea, U.S. Secretary of State Mike Pompeo met Saturday with Japanese Prime Minister Shinzo Abe to try to unify the countries' positions as he looks to arrange a second summit between President Donald Trump and North Korean leader Kim Jong Un and chart a path toward denuclearization.

Japan has been wary of Trump's initiative, fearing it could affect its long-standing security relationship with the U.S.

Pompeo said it was important to hear from the Japanese leader "so we have a fully coordinated and unified view." Pompeo also pledged that during his meeting with Kim on Sunday, he would raise the cases of Japanese citizens abducted by North Korea.

Pompeo later planned stops in South Korea and China to review the negotiations.

"It is important for us to hear from you as I travel to Pyongyang to make sure that we are fully in sync with respect to missile programs, (chemical and biological weapons) programs," Pompeo told Abe. "We will bring up the issue of the abductees as well and then we will share with you how we hope to proceed when we are in Pyongyang tomorrow."

Trump is pressing to meet with Kim for a second time after their June summit in Singapore produced a vague agreement on denuclearization with few, if any, specifics. Despite the historic meeting, the two sides are deadlocked over how to achieve that goal. Trump canceled Pompeo's initial planned return to North Korea last month.

In contrast with South Korea, where President Moon Jae-in has been at the forefront of encouraging Trump's rapprochement with the North, Japan has been decidedly cautious, insisting its interests and concerns be addressed.

Abe did not speak of differences but highlighted the importance of demonstrating to the world that the U.S.-Japan alliance is "more robust than ever" and stressing the importance of "thorough coordination" with Washington on all aspects of North Korea policy.

Pompeo has repeatedly refused to discuss details of negotiations, including a U.S. position on North Korea's demand for a declared end to the Korean War and a proposal from Seoul for such a declaration to be accompanied by a shutdown of the North's main known nuclear facility.

The U.S. and Japan have pushed for the North to compile and turn over a detailed list of its nuclear sites to be dismantled as a next step in the process; the North has rejected that.

Japan's foreign minister, Taro Kano, said the accounting continues to be a priority for his country.

"Disclosing all nuclear inventories is the first step toward denuclearization," he told reporters after Pompeo wrapped up his meeting in Tokyo.

Kono also said he and Pompeo didn't go into details of a possible war-end declaration because it's premature while there is virtually no progress in denuclearization. "We are not even talking about whether to do it or not," he said. "It's not an issue that we are even considering."

Many believe such a declaration could reinforce North Korea's demands for the U.S. to withdraw its forces from South Korea and Japan.

While traveling to Asia, Pompeo said his mission was to "make sure that we understand what each side is truly trying to achieve ... and how we can deliver against the commitments that were made" in Singapore. He said they would develop options, if not finalize, the location and timing of a second Trump-Kim summit.

He has also distanced himself from an earlier stated goal of achieving

AP

U.S. Secretary of State Mike Pompeo, center, is welcomed by officials upon his arrival at Haneda Airport in Tokyo Saturday, Oct. 6, 2018.

Christians seek solace in prayer after Indonesia disasters

PALU, Indonesia (AP)—Christians dressed in their tidiest clothes flocked to Sunday sermons in the earthquake and tsunami damaged Indonesian city of Palu, hoping for answers to the double tragedy that inflicted deep trauma on their community.

Protestants, Catholics and Charismatics make up about 10 percent of the population of Palu, where neighborhoods and miles of coastline were obliterated by the Sept. 28 quake and tsunami.

At least 200 people including soldiers filled the grey pews of the Protestant Manunggal church in Palu for the second of three services planned Sunday.

They sang as a young girl in a black and white dress with a red bow danced in the aisle, prayed and listened to a 30-minute sermon from the priest, Lucky Malonda. A woman in the frontmost pew wept.

Indonesia's disaster agency said on Saturday that the death toll had climbed to 1,649 with at least 265 people still missing, though it said that number could be higher. Bodies are still being recovered from neighborhoods where the force of the quake liquified the earth and sucked houses into the ground.

Min Kapala, a 49-year-old teacher, said she came to the city of more than 25 churches from an outlying area because her usual house of worship was destroyed and liquefaction moved a different piece of ground to its location.

"I'm here at this particular church because my own church is no more; it's leveled, and on its location there's a corn plant," she said. "That was very strange to me."

Outside the church, Malonda said the intensity of the disaster had taken even scientists by surprise and called it the will of God. Two people from his congregation were missing, he said.

"This is for sure part of godly intervention, not outside the power of almighty God, that can't be predicted or planed for by anything," he said.

Malonda said religious leaders are discussing holding inter-faith prayers but nothing has been agreed yet.

Central Sulawesi, of which Palu is the capital, has a history of violent conflict between Muslims and Christians, though tensions have calmed in the past decade.

In the Indonesian capital, Jakarta, people walked around thoroughfares empty of cars collecting donations for earthquake victims during the weekly car free morning in the city center.

Roadside restaurants were open in Palu but long lines of cars and motorcycles still snarled out of gas stations.

Duterte should disclose health status, spokesman says

MANILA, Philippines (AP)—Philippine President Rodrigo Duterte should consider publicly disclosing the state of his health to stop speculation after revealing he underwent medical tests that may show if he has cancer, his spokesman said Friday.

Presidential spokesman Harry Roque told a news conference that the president can't be compelled to disclose his health condition under the constitution unless he has a serious illness, but that he plans to ask Duterte to issue a statement on his health to end the uncertainty.

"I will tell, perhaps, we need to issue a medical bulletin, whether or not it's serious. Perhaps we would need to bring in your physician because it's the only way to stop all talk about your health," Roque said.

Duterte said in a speech Thursday that he underwent an endoscopy and colonoscopy about three weeks ago but his doctor was advised this week to repeat the tests with tissue samples, which may show whether he has cancer. The tests aim to diagnose any abnormality in the digestive tract and colon.

"I don't know where I'm now physically but I have to wait for that. But I would tell you if it's cancer, it's cancer," the 73-year-old Duterte told a military gathering. Duterte added that "if it's third stage, no more treatment. I will not prolong the agony in this office or anywhere."

Asked to disclose more details about Duterte's condition, Roque said he did not know much but that the president had disclosed in a meeting Thursday with top police and military officials that doctors needed to do another test "because they wanted just to be sure that there was a growth and that they wanted to know more about the growth."

Rumors have swirled for some time that the Duterte, known for his deadly crackdown on illegal drugs, might have a serious illness. Duterte and his aides, however, have repeatedly said he was generally fit although he had grown tired of politics after serving about 40 years in different government posts.

Although the president has acknowledged having certain illnesses, he has never issued a formal statement on his health since taking office in June 2016. He has said he has Barrett's esophagus, a condition thought to be caused by stomach acid washing up into the esophagus, as well as migraines and other ailments caused by drinking and a motorcycle accident years ago.

Some people have speculated that recent dark patches on his face and forehead may be a sign of a kidney problem, but Duterte explained that provincial trips gave him a sunburn.

After the president skipped meetings Wednesday, Roque and another presidential aide, Christopher Go, told reporters he was tired after a trip and opted to have some personal time.

Roque, however, said he was unaware that the president had undergone medical tests and added that he was considering resigning for not having been informed of crucial details about the president.

"I was taken aback about the diagnostic examination. I did not lie to anyone because I simply did not know," Roque told a news conference Friday, adding that he would announce early next week whether he will quit.

World

Nobel Peace laureates demand end to sexual violence in war

AP
The combo of file photos shows Doctor Denis Mukwege, from the Democratic Republic of Congo, left, on Nov. 26, 2014 and Yazidi woman from Iraq, Nadia Murad on Dec. 13, 2016 as they both address the European parliament in Strasbourg, France.

OSLO, Norway (AP)— Raped after being forced into sexual slavery by the Islamic State group, Nadia Murad did not succumb to shame or despair — the young Iraqi woman spoke out. Surgeon Denis Mukwege treated countless victims of sexual violence in war-torn Congo and told the world of their suffering. Together, they were awarded the Nobel Peace Prize on Friday for their campaigns to end rape and sexual abuse as weapons of war.

The award "is partly to highlight the awareness of sexual violence. But the further purpose of this is that nations take responsibility, that communities take responsibility and that the international community take responsibility," said Berit Reiss-Andersen, chairwoman of the committee, which bestowed the $1.01-million prize.

"Dear survivors from all over the world, I would like to tell you that, through this Nobel Prize, the world is listening to you and refusing indifference," Mukwege, 63, told a news conference outside the hospital he founded in Bukavu in eastern Congo, where he has treated tens of thousands of victims— among them "women, teenage girls, small girls, babies," he said Friday.

"The world refuses to remain idle with arms crossed facing your suffering. We hope that the world will not put off acting with force and determination in your favor because the survival of humanity depends on you," Mukwege said.

Dr. Denis Mukwege celebrates with his staff at his hospital in eastern Congo after learning he has been awarded the Nobel Peace Prize. (Norwegian Church Aid via AP)

Murad, 25, was one of an estimated 3,000 girls and women from Iraq's Yazidi minority group who were kidnapped in 2014 by IS militants and sold into sexual slavery. She was raped, beaten and tortured before managing to escape three months later. After getting treatment in Germany, she chose to speak to the world about the horrors faced by Yazidi women, regardless of the stigma in her culture surrounding rape.

In 2016 she was named the United Nations' first Goodwill Ambassador for the Dignity of Survivors of Human Trafficking, and her advocacy helped spur a U.N. investigation that is collecting evidence of war crimes by Islamic State extremists.

In a statement, Murad said she was "incredibly honored" by the prize.

"As a survivor, I am grateful for this opportunity to draw international attention to the plight of the Yazidi people who have suffered unimaginable crimes since the genocide" by IS, she said. "Many Yazidis will look upon this prize and think of family members that were lost, are still unaccounted for, and of the 1,300 women and children, which remain in captivity."

This year's peace prize comes amid heightened global attention to the sexual abuse of women — in war, in the workplace and in society — that has been highlighted by the #MeToo movement.

"#MeToo and war crimes are not quite the same thing, but they do, however, have in common that it is important to see the suffering of women," said Reiss-Andersen of the Nobel committee.

In the United States, Supreme Court Justice Ruth Bader Ginsburg also noted that the award comes amid a global reckoning over sexual violence. She tweeted a link to the Nobel announcement, saying "the timing of this topic is extraordinary as we fight for the end of #ViolenceAgainstWomen."

Pope OKs study of Vatican archives into McCarrick scandal

VATICAN CITY (AP)— Pope Francis has authorized a "thorough study" of Vatican archives into how a prominent American cardinal advanced through church ranks despite allegations that he slept with seminarians and young priests, the Vatican said Saturday in its first response to explosive allegations of a cover-up that is roiling the papacy.

The Vatican said it was aware that such an investigation may produce evidence that mistakes were made, when evaluated with today's standards. But it said Francis would "follow the path of truth, wherever it may lead."

The statement did not address specific allegations that Francis himself knew of sexual misconduct allegations against now ex-Cardinal Theodore McCarrick in 2013 and rehabilitated him anyway from sanctions imposed by Pope Benedict XVI.

Francis has said he would not say a word about those allegations, lodged by a retired Vatican ambassador.

Depending on the scope of the investigation, Francis' actions may be found to have been inconsistent with what he now considers unacceptable behavior by a bishop. However, the study announced Saturday refers only to documentation, a potentially limiting constraint, given the McCarrick scandal apparently involves private, verbal communications that might not have paper trails in Vatican archives.

"Both abuse and its cover-up can no longer be tolerated and a different treatment for bishops who have committed or covered-up abuse in fact represents a form of clericalism that is no longer acceptable," the statement said.

The Vatican knew as early as 2000 that seminarians complained that McCarrick pressured them to sleep with him. The Rev. Boniface Ramsay, a professor at a New Jersey seminary, wrote a letter to the Vatican in November 2000 relaying the seminarians' concerns after McCarrick was named archbishop of Washington.

St. John Paul II still went ahead with the nomination and made McCarrick a cardinal the following year. McCarrick resigned as Washington archbishop in 2006 after he reached the retirement age of 75.

Francis accepted McCarrick's resignation as a cardinal in July after a U.S. church investigation determined that an allegation that he groped a teenage altar boy in the 1970s was credible. Since then, another man has come forward saying McCarrick molested him when he was a young teen and other men have said they were harassed by McCarrick as adult seminarians and young priests.

The scandal has created a crisis in confidence in the U.S. hierarchy, since it was apparently an open secret that McCarrick, now 88, would invite seminarians to his New Jersey beach house, and into his bed.

Faced with a loss of credibility, U.S. bishops announced they wanted a full-scale Vatican investigation into how McCarrick was able to rise through the ranks, despite his misconduct.

Francis' own papacy was thrown into turmoil in August when retired Vatican ambassador, Archbishop Carlo Maria Vigano, accused Francis and about two dozen Vatican and U.S. church officials of covering up for McCarrick and said Francis should resign.

In his 11-page denunciation, Vigano said Benedict imposed "canonical sanctions" on McCarrick in 2009 or 2010 that prohibited him from travelling or lecturing for the church or celebrating Mass in public. Vigano said he told Francis on June 23, 2013 about the sanctions and that McCarrick had "corrupted a generation of seminarians and priests." But he said Francis effectively rehabilitated McCarrick and made him a trusted counselor.

The public record, however, is rife with evidence that McCarrick lived a life devoid of any sanction from 2009 onwards.

WORLD BRIEFS

Haiti quake causes injuries, damages homes, hospital, church

PORT-AU-PRINCE, Haiti (AP)—A magnitude 5.9 earthquake destroyed homes and damaged a church and at least one hospital in Haiti, where officials reported people were injured, but had not confirmed local media reports of deaths. The U.S. Geologic Survey said the quake that hit at 8:11 p.m. Saturday (001 GMT) was centered 12 miles (19 kilometers) northwest of Port-de-Paix on Haiti's north coast. It was 7.3 miles (11.7 kilometers) below the surface. The country's civil protection agency issued a statement saying several people were injured and some houses destroyed in Port-de-Paix, Gros Morne, Chansolme and Turtle Island. Among the structures damaged was the Saint-Michel church in Plaisance. Other rescue workers reported the collapse of part of a hospital and an auditorium as the quake hit on a rainy evening. The quake was felt lightly in the capital, Port-au-Prince, as well as in the neighboring Dominican Republic. Impoverished Haiti, where many live in tenuous circumstances, is especially vulnerable to earthquakes. A vastly larger magnitude 7.1 quake damaged much of the capital in 2010 and killed an estimated 300,000 people.

At least 50 dead, 100 burned in Congo tanker truck fire

KINSHASA, Congo (AP)— At least 50 people were killed and more than 100 were badly burned when a tanker truck in Congo collided with another truck and, as villagers rushed to collect the leaking fuel, burst into flames, witnesses and officials said Saturday. Faced with one of the country's deadliest traffic accidents, President Joseph Kabila ordered three days of national mourning "in this particularly painful moment for the Congolese people." The accident occurred overnight in the village of Mbuba, not far from Kisantu city and about 200 kilometers (124 miles) southwest of the capital, Kinshasa. The city is on the main highway between the capital and the country's Matadi seaport. The fire quickly spread to nearby homes, Congo's health ministry said in a statement. An investigation was under way into the cause of the accident. A photo tweeted by the ministry showed the blackened tanker, its front bumper torn aside and its windshield missing. "The driver of the tanker truck has disappeared while the driver of the tractor trailer died at the scene," the ministry said. Twenty charred bodies had been recovered, and four other people died after arriving at a hospital. "The toll continues to evolve," the statement said.

Health & Wellness

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5-MINUTE WORKOUTS:

Don't let time crunches stop yours

By LESLIE BARKER
THE DALLAS MORNING NEWS

Were all but the tiniest sliver of your favorite pie left, would you eat it or gripe that you wanted the whole pie? Would you stay indoors on the one sunny day of your week-long beach vacation, lamenting that the other six were rained out?

Of course not. Snippets matter, be they of pie or of days or, when it comes to working out, of minutes. In other words, the "not enough time" excuse doesn't cut it. Try a minute every hour of push-ups off the countertop, or squats while your coffee reheats, and just see how that energizes you.

"I want to show people exercise is not as disruptive as we're made to believe, where you drive to the gym, spend an hour there, shower, drive home," says Brett Klika, a California personal trainer and author of "7 Minutes to Fit" (Chronicle, $14.95). "Just drop your stuff and in a couple of minutes, you've changed your physiological makeup."

With that encouragement in mind, we offer these ways to make the most of one-, five-, seven- and 10-minute chunks of time.

ONE MINUTE

The expert: Brother ChiSing (a.k.a. Norman Eng), spiritual director of the Dallas Meditation Center.

As with physical exercise, meditating for 20 minutes is better than one, but even those 60 seconds can be helpful, he says.

Making it work: Take a minute when you wake up to be still and visualize the best outcome for your day, he says. Or take three slow, deep breaths, then spend the rest of the minute focusing on and enjoying your own way of breathing. Or walk for a minute, he says.

"My body feels weak sometimes," says ChiSing, who is undergoing treatment for cancer, "but to do a one-minute walk up and down the stairs makes such a difference for me.

"One minute will open the door to your heart wanting more," he says. "I believe in the power of one-minute meditation and one-minute exercise."

FIVE MINUTES

The expert: Tara Kristof, Dallas yoga instructor.

"There are a couple of ways to go," says Kristof. "Sun salutations, floor stretches. Sometimes that's all I have time for during the day. The whole body is moving, the heart rate is up."

Making it work: To do a sun salutation, check out www.yogajournal.com for more detail than we can give here. For the floor stretch (or supta padangusthasana, if you want to get technical), start by lying on the floor or on your bed with your legs extended.

Keeping your left leg on the floor, hug your right knee into your chest. Then wrap a strap, rope or rolled-up towel around the ball of your right foot. Hold on to each end of the strap with one or both hands while you extend your leg, raising it into the air. Stretch the leg for several breaths, moving toward as straight a leg as possible.

Take the strap into your right hand while you open your leg out to the right. Keep the left leg firmly on the floor or bed while you take several deep breaths through your nose. Raise your right leg and move the strap to your left hand. Guide it across your body, holding the stretch for several breaths.

Finally, with your right leg across your body to the left, extend your right arm to the right while you turn your chest and your gaze to the right. Voilà: a spinal twist.

Repeat on the left side, making sure to breathe deeply in and out the nose. That creates in the body a response of calming the nervous system, she says.

"It can wake you up more, balance you out because you're getting more oxygen," Kristof says. "It's definitely better than not doing anything at all. It's getting energy moving through your body."

SEVEN MINUTES

The expert: Brett Klika, author of "7 Minutes to Fit."

These 420 seconds are near and dear to the heart of Klika. He co-wrote and published the research behind Johnson & Johnson's time-crunch workout—which, thanks to The New York Times, most people now know as the 7-Minute Scientific Workout.

There's nothing magic about the number seven, he says; it came about simply from a dozen exercises done for 30 seconds each, with 10 seconds rest between each. But he says, "When you look at creating physiological change, of improving your mood, you can change your biochemistry with movement."

Making it work: His book features 50 workouts consisting of 10 exercises each. Pick one and do each segment as vigorously as you can for 30 seconds. Rest 10 seconds between each. If you can do two or three back-to-back, great. Or do one in the morning and one at night. Or just do one; it will make a difference.

"Your biochemistry would change for the better," he says. "You'd experience an enhanced mood and decrease your likeliness of depression. You'd improve flexibility. Seven minutes is so accessible, you can do it every day."

Klika has divided the workouts into full-body, upper-body, lower-body and abdominal, but each set works the entire body, he says. Here's a sampling from the Upper-Body Workouts section. It may look like a lot, but the time really will go by quickly.

- Push-ups
- Squats
- Plank to push-up
- Sports sprints (a.k.a. high-knee running in place)
- Crunches
- Triceps dips and reach
- Reverse lunges
- Worm walkouts
- Bicycles
- Dive-bomber push-ups
- 10 minutes

The expert: Ellen Cardona, a Dallas-area personal trainer.

"If you can put in 10 minutes and make your 10-minute workout intense and using all your body, this is a great workout," she says. "Your body's a great machine and is meant to be used."

Making it work: If you don't have a 10-minute chunk of time, do half of this now and half later, she says. "The more intensity the better."

For more of a description of each part of the workout, go to healthblog.dallasnews.com; to watch each in action, go to video.dallasnews.com.

For a warmup, pretend to jump rope to the count of 60. Then run in place, lifting knees high, for another minute.

For legs, do 10 full-body squats, lowering to the count of three, holding for two, pushing up and immediately lowering again. Move on to forward lunges, five per leg, and curtsy lunges; again, five on each side.

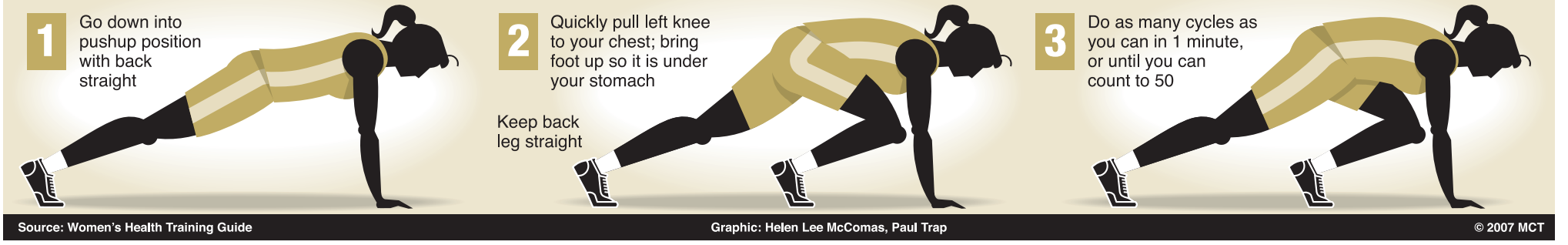
For speed and power, do 10 burpees and 10 mountain climbers. For core, do a plank for one minute or divide it into 20- or 30-second segments. For abs, do 10 leg lifts, followed by 10 repeats of "walking up the leg."

To cool down, stand up, lift your arms high above your head. Bend your torso until your hands brush the ground. Slowly rise, one vertebrae at a time.

PERSONAL TRAINER

A short, full-body warmup

This simple exercise gets your pulse up and helps muscle tone – and burns off 10 to 20 calories – just in 1 minute.


This exercise is sometimes called the Mountain Climber's T
1
Go down into pushup position with back straight
2
Quickly pull left knee to your chest; bring foot up so it is under your stomach
Keep back leg straight
As fast as possible, change sides and raise left leg
3
Do as many cycles as you can in 1 minute, or until you can count to 50

Source: Women's Health Training Guide Graphic: Helen Lee McComas, Paul Trap © 2007 MCT

Life & Style

#MeToo movement sends Hollywood figures into exile, not jail

LOS ANGELES (AP)—The #MeToo movement has sent dozens of once-powerful Hollywood players into exile, but few of them have been placed in handcuffs or jail cells. And it's increasingly apparent that the lack of criminal charges may remain the norm.

Harvey Weinstein has been charged with sexual assault in New York, and Bill Cosby was sent to prison in Pennsylvania in the year since stories on Weinstein in The New York Times and The New Yorker set off waves of revelations of sexual misconduct in Hollywood. But those two central figures are exceptions.

A task force launched last November by Los Angeles County District Attorney Jackie Lacey to handle the surge in allegations against entertainment figures has taken up criminal cases involving nearly two dozen entertainment-industry figures. None has been charged.

The lack of prosecutions stems from a clash between the #MeToo ethos, which encourages victims to come forward years or even decades after abuse and harassment that they've kept private, and a legal system that demands fast reporting of crimes and hard evidence.

The task force has considered charges against 22 suspects, including Weinstein, Kevin Spacey, director James Toback and former CBS CEO Leslie Moonves, all of whom have denied engaging in any sex that was not consensual.

Charges have already been rejected for most. Cases involving six suspects, including Weinstein and Spacey, both of whom have multiple accusers, remain open.

In 14 of the closed cases, charges were declined because the allegations were reported too late and thus outside the statute of limitations. The rest were turned down either for insufficient evidence or because the accuser refused to cooperate with investigators after initially reporting the incidents.

AP

Italian actress Asia Argento, left, is interviewed by TV host Massimo Gilletti, center, as a picture of Harvey Weinstein is shown on a monitor, during the Italian TV LA7 program " Non e' l'Arena ", in Rome, Sunday, Sept. 30, 2018.

While disappointed in the lack of results, several accusers said they were still glad they talked to police and prosecutors, for a variety of reasons both practical and emotional.

"For me it was not necessarily closure, but one of the healthiest things I've ever done for myself," said Melissa Schuman, whose case dating to 2003 against Nick Carter of the Backstreet Boys was rejected over the statute of limitations. "It felt therapeutic to tell the authorities, to be able to take it out of my body and out of my mind and report it."

Fatima Goss Graves, president of the National Women's Law Center, which oversees the Time's Up legal defense fund, said for some "the act of reporting, putting it on the record is critical, even if they're beyond the limitations."

When law enforcement agencies welcome women to report their experiences, it can eventually result in more prosecutions, she said.

"In too many cases law enforcement has sent a signal that they won't treat these issues," Goss Graves said. "If you've created a climate and space that is friendly to people coming forward, more people will come forward."

Schuman said she found just such a climate. She was well treated by task force investigators and the police in what could have been a much tougher process.

"I really felt supported, and listened to, and cared-for and believed," Schuman said.

Carter has denied the allegations from the start. He said through his lawyer when charges were declined that he felt confident there would be no basis for charges and was happy to put the matter behind him. A representative did not respond to a request Friday for further comment.

There can be more tangible benefits to reporting. In California, simply filing a police report entitles victims to benefits that can include free psychotherapy. The reports also create additional claims that can help in newer investigations or be brought into court to show a pattern of conduct, as they were for Cosby's trial.

"It just gives me peace to have it documented and filed," Schuman said, "and if my abuser does it again, the authorities told me they could use me to help corroborate."

The sexual assault case that sent Cosby to prison was from 2004 and long pre-dated the #MeToo movement. It was filed just as the statute of limitations was expiring.

California requires that charges be brought within a year for many sexual crimes and within 10 years for many of the most serious crimes, including rape and felony sexual assault.

The task force has been looking at allegations of incidents that are sometimes decades old. One rejected case against Spacey dates to 1992. The allegations against Moonves date to the late 1980s. One case for Toback dates to 1978.

In documents released by the task force explaining why charges were not brought, some officials simply declare the effort pointless and say little else. In other cases, prosecutors provide long and sometimes detailed descriptions of acts and the laws they may have violated, only to reluctantly conclude that too much time has passed.

Page after page of the documents end with the same phrase, "prosecution is declined."

Aside from confirming which cases it is considering and has declined, the district attorney's office declined comment for this story.

California has already altered its laws to help victims, eliminating the statute of limitations for rape and other forms of felony sex abuse. But courts have ruled that statutes of limitations cannot be altered to include suspects who are already past them, so the new laws only apply to crimes from 2017 onward, meaning the practical effects likely won't be felt for years.

Many of the old cases taken under consideration would probably never have reached prosecutors before the Weinstein story broke and cultural attitudes began to change.

Even beyond the time-limit problem, "It would be next to impossible for an investigative agency to find witnesses to corroborate and gather evidence," said Alan Jackson, a former prosecutor in the district attorney's office who ran against Lacey in 2012 and now works as a defense attorney.

Many accusers whose cases were considered by the task force have filed civil lawsuits that may have more staying power.

Goss Graves said it's desirable to leave as many options open as possible.

"What accountability and ultimately healing looks like for survivors is going to vary," she said. "In many ways, we're not in the middle of this process. We're in the beginning."

The Situation gets 8-month sentence in federal tax case

NEWARK, N.J. (AP)—Michael "The Situation" Sorrentino, whose abs became famous on the hit reality show "Jersey Shore," was sentenced Friday to eight months in prison for cheating on his taxes.

A federal judge sentenced the star shortly after his brother, Marc Sorrentino, received a two-year sentence on a similar charge.

Both brothers pleaded guilty in January. They were charged in 2014 with tax offenses related to nearly $9 million in income.

Michael Sorrentino's attorneys had sought probation, while prosecutors wanted a sentence of 14 months. He is free on bail until he has to report; it's not been determined where he'll be incarcerated or when the term begins.

The Situation declined to comment while leaving the courthouse with his fiancée, whom he is scheduled to marry next month, his attorney said. Other "Jersey Shore" cast members who attended the sentencing also didn't comment afterward.

In a statement to the judge before sentencing, Sorrentino apologized for his conduct and said he is "overcoming my demons and putting my life back together" after years of alcohol and drug use.

"Today I'm a man that I should have been years ago," he told U.S. District Judge Susan Wigenton.

Attorney Henry Klingeman portrayed Sorrentino as the son of an abusive father who suffered from substance use problems and low self-esteem before he "rocketed to celebrity and riches" on the MTV reality show that followed a group of boozing, rowdy housemates at the New Jersey shore.

Prosecutors painted a contrasting picture. While conceding The Situation may have played a lesser role in the tax scheme than his brother or accountant Gregg Mark — who also has pleaded guilty and awaits sentencing — they noted he had the presence of mind to split up bank deposits into amounts lower than $10,000 so as not to trigger federal reporting requirements.

"This was a deliberate course of criminal conduct with a blatant disregard for the law," Assistant U.S. Attorney Yael Epstein told the court.

Michael Sorrentino pleaded guilty to one count of tax evasion and admitted concealing his income in 2011 by making cash deposits in amounts that wouldn't trigger federal reporting requirements. Marc Sorrentino pleaded guilty to one count of assisting in the preparation of a false return.

In pronouncing sentence, Wigenton commended Michael Sorrentino for his progress in overcoming substance abuse but stressed that his actions in the conspiracy were made knowingly.

"With celebrity comes responsibility," she told him. "Part of the cost of making money is you have to pay taxes. We all have to."

John Tafur, head of IRS criminal investigations in Newark, called the brothers' crimes "an outright theft from the hardworking American public."

The Situation appeared on all six seasons of the reality show that ran from 2009 to 2012. The cast members were known for their drunken antics and the phrase they used to describe their lifestyle: "gym, tan, laundry."

Republican former Gov. Chris Christie criticized the show for promoting stereotypes. Last year, he signed a bill capping the amount of state money universities can pay for speakers, because Rutgers University paid "Jersey Shore" cast member Nicole "Snooki" Polizzi $32,000 in 2011.

‘Walking Dead’ star trades arc of weapons for arc of story

SENOIA, Ga. (AP)—Andrew Lincoln will no longer evade the arc of a knife, a bullet or a bloody baseball bat wrapped with razor wire on the Georgia set where AMC’s “The Walking Dead” is filmed.

The show’s upcoming ninth season, which premieres Sunday night, will be the last for his character, sheriff’s Deputy Rick Grimes, and Lincoln has wrapped his last scene.

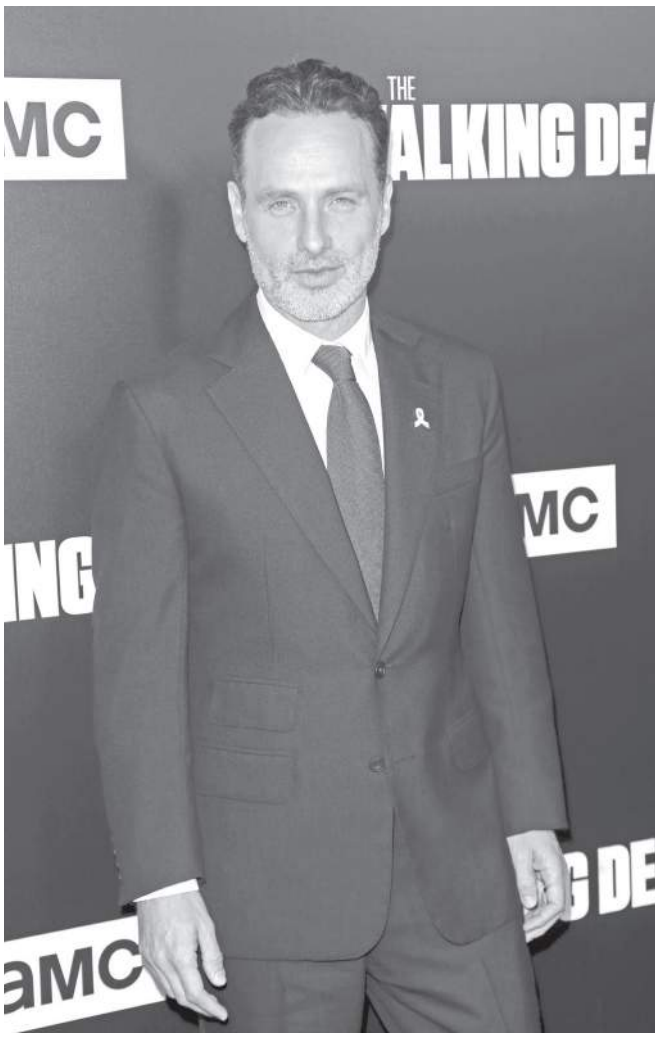
Now he’s hoping to direct an episode of the show, so he’s “shadowing” one of the directors during filming near the small town of Senoia.

“I’ve always had a fascination with the language of film,” he told The Associated Press in a recent interview. “And I’m a control freak. I have strong opinions aesthetically, and maybe it’s time for me to own up to it and see if I can, you know, put my money where my mouth is.”

His trademark humor finds its way into many of his answers to questions about his future.

“You’re interrupting my shadowing!” he says. “There’s lessons being taught out there right now and I’m not there. Which way to point the camera is probably being taught at the moment.”

The drama sometimes follows the story lines of a comic book series that debuted in 2003, but also veers from that narrative to create new tales. It’s built around a cast of characters struggling to survive in a world that’s fallen into chaos and become infested with zombies they call “walkers.” The humans also break into factions and sometimes wage war with one another.



AP
Andrew Lincoln arrives at the LA Premiere of the Season 9 of the AMC’s “The Walking Dead” on Thursday, Sept. 27, 2018, in Los Angeles.

As the show enters its final season with Lincoln’s character, he speaks lovingly of the “less-is-more” aspect of the upcoming season.

“There’s less gas, there’s less guns, there’s less food,” he says. “But we’ve got more tension as a result, and thrills and spills. If something goes wrong in this landscape that we inhabit now, then we’re in serious trouble.”

Lincoln says “The Walking Dead” has always been an ensemble show that’s not dependent on any one character.

“The themes this season are absolutely what we set out to achieve in the first season,” he said. “It’s a story of hope, family and friendship. People with nothing in common realizing that they have everything in common.”

AMC President Charlie Collier said “what started as the Rick Grimes story really became a story about a group of people helping each other survive and having each other’s backs in the worst of conditions.”

Collier recalled when Lincoln’s character rode on horseback into a destroyed and deserted Atlanta and then waged war on the downtown streets.

As Lincoln prepared to film his final episodes, he said he felt like he was watching a cruise ship slowly pulling away from him.

“On this cruise ship, there are the lights and the dancing and I can hear the clink of the glasses, but I’m sort of bobbing around in the shallows of the sea as it drifts away, you know, it continues and it continues in an amazing fashion.”

Much of the show is filmed in Senoia, a small town 35 miles (56 kilometers) southwest of Atlanta. It has helped fuel the film industry in Georgia, which has boomed in the past decade.

“Atlanta was not a place I knew,” Lincoln said, “and over the last decade it’s become the new hub of the industry.”

He had always envisioned coming to the United States from his native England “as a sort of gateway to literally trying to raise my profile so I could keep working in America.”

“It kind of worked,” he says. “It went beyond anybody’s expectations — this show and the success of this show — it was always with a future to working here.”

Tina Turner reveals husband gave her kidney for transplant

LONDON (AP)—Tina Turner has revealed that she underwent a kidney transplant with an organ donated by her husband.

The 78-year-old singer says in an upcoming autobiography that she has suffered from kidney disease, and by 2016 her kidneys were at “20 percent and plunging rapidly.”

She says her husband, Erwin Bach, “shocked me by saying that he wanted to give me one of his kidneys.” Turner says she was “overwhelmed by the enormity of his offer.”

Turner writes that afterward she felt “happy, overwhelmed and relieved that we’d come through this alive.”

Turner, whose hits include “Proud Mary” and “What’s Love Got to do With It?,” married German music executive Bach in 2013 after a long relationship.

Extracts from “Tina Turner: My Love Story” were published Saturday in the Daily Mail newspaper and released by its U.K. publisher Penguin Random House. The book is published in Britain and North America later this month.

In the book, Turner encourages people to sign up to donate organs in order to save lives.

AP
In this Thursday, May 31, 2012 file photo Tina Turner arrives for the Giorgio Armani fashion show held in Beijing. Tina Turner has revealed that she underwent a kidney transplant with an organ donated by her husband.

Bette Midler apologizes after her tweet causes backlash

NEW YORK (AP)—Bette Midler is apologizing for a tweet that caused a social media backlash when she compared the struggle of women to the history of racism.

The singer-actress wrote that women “are the n-word of the world” and “They are the most disrespected creatures on earth.” Midler was quoting the title of a 1972 song written by John Lennon and Yoko Ono.

The comment drew sharp criticism from many who said it erased the atrocities committed against black people and the struggle of black women in particular.

Midler tried to defend the tweet before deleting it altogether and apologizing a few hours later, saying to black women: “I am an ally and stand with you; always have. And I apologize.”

Blowhard boyfriend wears out his hosts during annual trips

DEAR ABBY: My best friend of 40 years and her boyfriend live several states away from my husband and me. Every winter she and her friend expect to come to our home for a week. We simply can no longer do this.

Her friend is a nice guy, but after a few days we can hardly stand it. He talks constantly and knows everything about everything. How can I politely tell my friend that we can't accommodate them anymore without hurting her feelings and maybe ending our friendship?

WEARY OUT WEST

DEAR WEARY: Try this. When your old friend mentions coming to visit, tell her you aren't up to having houseguests. If she asks why, and she probably will, say you're not as young as you used to be—it's true. Neither am I. Tell her you can accommodate them for a weekend. If that doesn't work, say your husband isn't up for company. (Also true.) However, if neither excuse suffices, you may have to choose between telling your friend the truth and fibbing by saying you plan to be out of town.

DEAR ABBY: For mothers out there who wonder why their "wonderful" grown daughters don't have boyfriends, maybe it is because they are too dependent on YOU. No guy wants to be involved with a woman who calls or texts her mom multiple times a day (unless she is ill). No guy wants a girl who can't make a decision without consulting Mom, and he certainly doesn't want the intimate details of his relationship to be shared with you.

Men want confident women, not girls still tied to their mother's apron strings. If you want your daughter to find a man, stay out of her love life and teach her to make her own decisions!

HATES MEDDLING MOTHERS

DEAR HATES: I have long advised young women how important it is to gain independence before becoming romantically involved with anyone. I agree that women who can stand on their own two feet are more appealing than those who are still dependent upon their parents. Your letter verifies the truth of what I have been saying.

DEAR ABBY: I recently received an invitation to a dear friend's grandson's 5th birthday party. In lieu of gifts, donations were requested to a choice of politically affiliated "charitable" organizations. I cannot, in good conscience, support any of them.

What's the appropriate course of action here? Must I give the child a gift anyway, or just stay away from the party? I really don't want to get into any political discussions with either the parents or the grandparents, and I think there would be hurt feelings if I don't show up.

IN A BIND

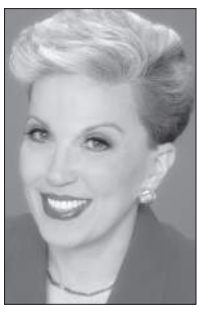
DEAR IN A BIND: What a shame that a child's party was used as an excuse for a political fundraiser. I can't imagine any 5-year-old being "thrilled" to receive a political donation as a birthday gift.

However, because the child is the grandson of a "dear" friend, I do think a gift is in order. Make it something a 5-year-old will enjoy, have it delivered, and find an excuse not to attend if you feel it will devolve into something you prefer to avoid. Hurt feelings or not, you are not obligated to go to the party.

For an excellent guide to becoming a better conversationalist and a more sociable person, order "How to Be Popular." Send your name and mailing address, plus check or money order for $7 (U.S. funds) to: Dear Abby, Popularity Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

DEAR ABBY

By ABIGAIL VAN BUREN
UNIVERSAL PRESS SYNDICATE

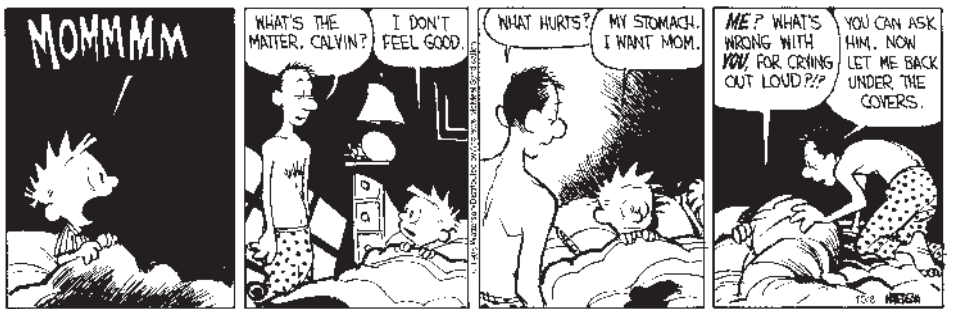


Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Pastimes

Calvin and Hobbes

By Bill Waterson


MOMMMM
WHAT'S THE MATTER, CALVIN?
I DON'T FEEL GOOD.
WHAT HURTS?
MY STOMACH. I WANT MOM.
ME? WHAT'S WRONG WITH YOU FOR CRYING OUT LOUD?!?
YOU CAN ASK HIM. NOW LET ME BACK UNDER THE COVERS.

Garfield®

By Jim Davis

Adam@home

By Bryan Basset

HELLO. ADAM NEWMAN.
AM I THE AWARD-WINNING NEWSLETTER AND BLOG WRITER? YES, I AM.
YES, I AM THE ESTEEMED AUTHOR OF "A MONKEY'S TALE." OH, YOU'RE TOO KIND. I'M BLUSHING.
NEW GIG?
WRITING JINGLES FOR SCENTED TOILET SPRAYS.

The Duplex

By Glenn McCoy

WHAT ARE YOU DOING?
I'M "CHECKING-IN" ON FACEBOOK.
"DRINKING WINE IN FLORENCE ITALY WITH FRIENDS"?
IT SOUNDED BETTER THAN "DRINKING BEER AT MY KITCHEN TABLE WITH MY DOG."

CROSSWORD

By Eugene Sheffer

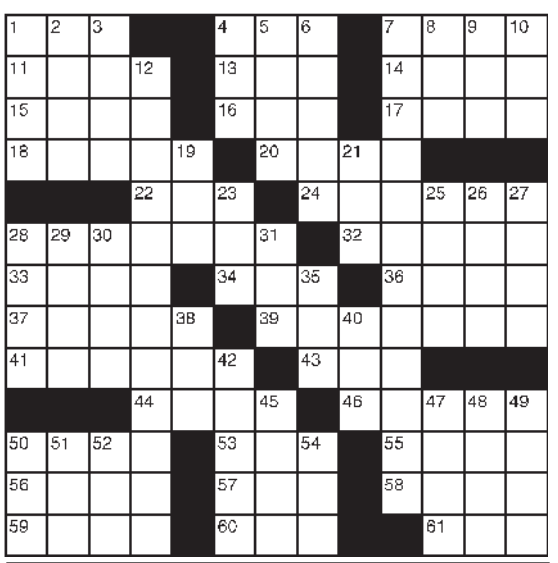
ACROSS
1 Tax prep pro
4 Do sums
7 Rhyming tributes
11 Golf target
13 Dead heat
14 Luau dance
15 Cruising
16 Oft-tattooed word
17 Blend
18 Connection
20 Former NYC mayor Giuliani
22 Poorly lit
24 Baseball great Jackson
28 Cold Russian region
32 Do-re-mi
33 Power co. supply
34 Illustrations
36 Last writes?
37 Bar legally
39 Restaurant fans
41 Composer Gustav
43 Have
44 Burden
46 Rife with foliage
50 Chinese dynasty
53 "Fresh Air" airer
55 — gin fizz
56 PC picture
57 Stickum
58 Diving duck
59 Chromosome part
60 Norm (Abbr.)
61 Ninny

DOWN
1 Sleuth Charlie
2 Sit for a photo
3 TV's Trebek
4 $ dispenser
5 Couturier Christian
6 Object (to)
7 "Gee whiz!"
8 Expected
9 Right angle
10 Blue
12 Fragrance shop purchase
19 Knight's address
21 Rep.'s rival
23 Soccer's Hamm
25 Asian desert
26 "Would — to you?"
27 Comestibles
28 Appear
29 "Casablanca" role
30 "Little Women" sister
31 "Bow-wow!"
35 As well
38 Corral
40 Wise bird
42 Ladder steps
45 Espy
47 — mater
48 Nemeses
49 Evergreens
50 "Top Gun" target
51 "Rocks"
52 Dijon denial
54 Scepter

Solution time: 26 mins.

P	M	S		S	H	I	A		M	A	L	E
E	A	U		T	O	F	U		E	D	I	T
S	I	D	E	R	O	A	D		H	O	P	E
O	N	S	P	F	C		I	V	Y			
			I	S	H		B	A	L	L	A	D
C	R	C	C	S		B	L	T		O	L	E
H	E	R	S		J	O	E		D	L	M	A
A	N	E		M	A	N		P	E	T	A	L
R	E	M	A	R	K		P	O	L			
			C	I	A		L	O	O	S	E	N
C	A	P	O		R	O	A	D	S	I	D	E
A	M	C	R		T	O	I	L		M	E	T
D	A	W	N		A	O	N	E		I	N	S

Last Friday's Answer 10-08



STUMPED? For answers to today's crossword, call **1-900-226-5955**! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Brie Larson, 29; Zach Galifianakis, 49; Esai Morales, 56; Julie Andrews, 83.

Happy Birthday: Learn from experience. Gravitate toward people and places that make you feel comfortable and capable of reaching your goals. Engage in exercises that will help you grow stronger personally, physically and emotionally. Interact with people who can help bring about positive change, not those trying to coerce you into doing things that aren't beneficial or good for you. Your numbers are 8, 12, 22, 27, 39, 45, 48.

ARIES *(March 21-April 19):* Listen carefully. Prepare and present your suggestions with confidence and you will get the respect you deserve and need in order to get things done. An unorthodox method may be a hard sell, but in the end, you'll get rewarding results. ✪✪

TAURUS *(April 20-May 20):* Speak up and share your feelings with the people you deal with today. Being up-front will help you get past any conflicts, misunderstandings or pressure you encounter. A relationship will improve if you offer a sincere and affectionate gesture. ✪✪✪✪

GEMINI *(May 21-June 20):* Keep moving forward; don't stop until you have achieved what you set out to do. Make your intentions clear, and be willing to put the manpower behind your words. What you do will make a difference to someone in need. ✪✪✪

CANCER *(June 21-July 22):* Settle any differences you have using unique solutions that will offer everyone a little bit of something to satisfy their needs. Getting along will be the hard part; the rest will be a piece of cake. Romance should be a priority. ✪✪✪

LEO *(July 23-Aug. 22):* Use your brain and talk your way in or out of whatever comes your way. Control your current situation using common sense and workable solutions. Arguments will slow you down and make it more difficult to find a suitable alternative. ✪✪✪✪

VIRGO *(Aug. 23-Sept. 22):* It's up to you to bring about change if you aren't happy with the way things are moving forward. Put a little elbow grease into whatever needs to be done. You will make an impression on those you encounter. ✪✪

LIBRA *(Sept. 23-Oct. 22):* Get behind your plan instead of waiting for someone else to take control. Engage in conversations that motivate you. If you tell others your plans, it will help you live up to your word and follow through. ✪✪✪✪✪

SCORPIO *(Oct. 23-Nov. 21):* Be open to suggestions but also intent on making them your own. Fine-tuning all the information you gather to fit your particular needs will lead to an interesting outcome that can become prosperous and quite beneficial socially. ✪✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* Work through any setbacks you face by offering an incentive to those causing the roadblock. Know your market and the people you are dealing with to outmaneuver even your toughest opponent. An emotional incident will lead to personal change. ✪✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN *(Dec. 22-Jan. 19):* Don't listen to someone trying to push you in a direction that isn't right for you. Do your own thing, and make the change you want to see a priority. What you do will raise awareness and gain respect. ✪✪✪

AQUARIUS *(Jan. 20-Feb. 18):* Don't feel you have to follow someone's lead. Refuse to let your emotions step in and cause you to make a poor choice. Concentrate on saving money, as well as protecting your health, possessions and your reputation. ✪✪✪

PISCES *(Feb. 19-March 20):* Make your move. You'll gain ground, convince others to tag along and help those who have lost their way. Your input can make a difference, so do your best to set a good example and to honor your promises. ✪✪✪✪

Birthday Baby: You are entertaining, passionate and opportunistic. You are persevering and compelling.

To submit astrological questions to the "Dear Eugenia" column, visit Eugenialast.com, or join Eugenia on Twitter/Facebook/LinkedIn.

SUDOKU

Conceptis Sudoku *By Dave Green*

			3			1	7	
		7	1		2			9
	1			6	7			4
3	2					6	1	
		4		1		8		
	9	1					2	3
2			5	4			6	
7			8		6	9		
	8	6			9			

Difficulty Level ★ 10/08

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

5	4	1	7	6	8	9	2	3
7	8	6	9	2	3	4	1	5
2	3	9	1	4	5	8	6	7
4	9	2	5	3	7	1	8	6
3	1	7	4	8	6	5	9	2
8	6	5	2	9	1	7	3	4
9	2	8	6	5	4	3	7	1
1	5	3	8	7	2	6	4	9
6	7	4	3	1	9	2	5	8

Difficulty Level ★★★★

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WONDERWORD®

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

CANADIAN THANKSGIVING FEAST! Solution: 9 letters

L	A	E	M	E	C	E	I	P	R	E	T	N	E	C
D	N	I	K	P	A	N	G	R	A	V	Y	I	R	O
A	I	P	W	I	S	H	B	O	N	E	P	A	T	R
E	G	N	I	F	F	U	T	S	B	E	N	L	R	N
R	P	I	N	L	E	E	F	L	L	B	A	T	A	U
B	O	K	T	E	T	O	E	P	E	S	L	S	D	C
N	T	P	C	I	R	S	P	R	Q	M	Y	E	I	O
R	A	M	N	I	S	A	R	U	R	A	T	V	T	P
O	T	U	A	I	T	I	A	E	M	H	U	R	I	I
C	O	P	N	S	E	S	T	S	O	P	R	A	O	A
A	E	G	A	S	H	T	M	S	V	V	K	H	N	R
R	S	U	E	O	A	L	S	U	T	E	E	I	S	O
V	C	R	M	L	R	L	S	A	R	O	Y	N	N	A
E	V	E	P	A	R	A	D	E	B	D	P	U	O	S
E	Y	L	I	M	A	F	L	U	F	K	N	A	H	T

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Apple Pie, Baste, Blessings, Carve, Centerpiece, Cornbread, Cornucopia, Cranberries, Dinner, Drumstick, Fall, Family, Gobble, Gravy, Ham, Harvest, Home, Mash, Meal, Napkin, Oven, Parade, Platter, Potatoes, Pots, Pumpkin Pie, Pumpkins, Roast, Salt, Sauce, Serve, Soup, Squash, Stuffing, Thankful, Traditions, Turkey, Unite, Wishbone, Yams

Last Friday's Answer: Landscape

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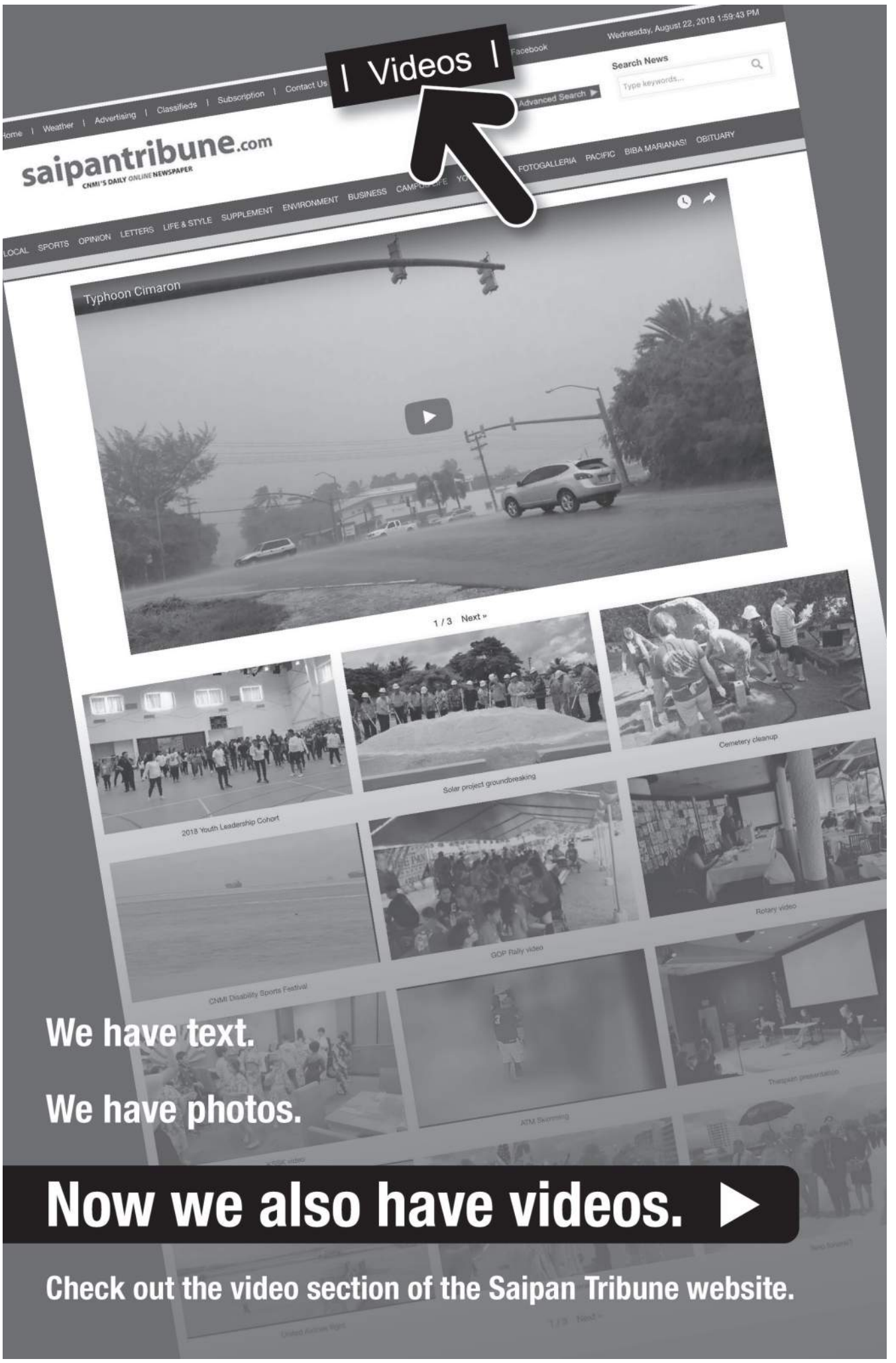
Education Coordinator

PACIFIC HISTORIC PARKS
★ Remember ★ Honor ★ Understand ★

Pacific Historic Parks is seeking a skilled educator to conduct and support education programs with the National Park Service at American Memorial Park on Saipan.

- High school diploma or equivalent and experience working in education and/or related fields required.
- The right candidate should possess excellent written and verbal communication skills and be positive, energetic and creative.
- Collaborates well with others and demonstrates enthusiasm for teaching youth in Pre-K thru 12th grade.
- Salary dependent on qualifications.

Please submit your resume and cover letter to Jovannalyn Mafnas at the American Memorial Park Visitor Center, between 9:00 am-5:00 pm or email jmafnas@pacifichistoricparks.org. Position closes at 5:00 pm on October 19, 2019. EEO



WHATZIT Solution: Hopping mad

RATES AND POLICIES

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Saipan Tribune also offers a Super Saver Package—a complete 5-day run in both print and online editions, for as low as $30 for garage sales, apartment rentals, help wanted, auto and more. You can choose from any of the packages below.

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• 3-Liner	**$15**	**$30**
• 5-Liner	**$24**	**$45**

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Classified Ads

Ads must be submitted before 12 noon 2 days prior to publication date

CANCELLATION

Classified Ads

Cancellations should be made before 12 noon of the day prior to date of publication.

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CHECK YOUR ADS

Saipan Tribune will not be responsible for errors after the first day of publication. Errors should be called in before noon of the issue date. *Saipan Tribune* reserves the right to place ads under proper headings and to revise copy when necessary.

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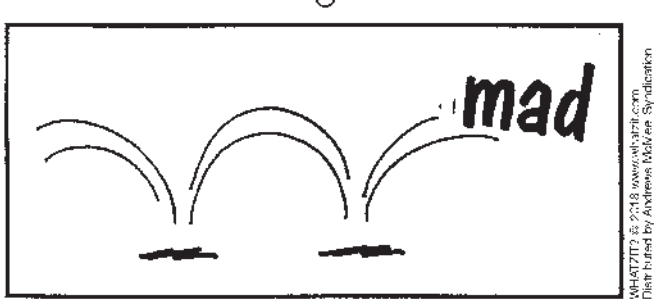
All advertising in the *Saipan Tribune* are subject to applicable rate sheet, copies of which are available from the Advertising Sales Department (please call 235-8747, 235-2769 or 235-6397). All ads will be subject to approval prior to publication. We reserve the right to edit, refuse, reject or cancel any ad at any time. Also, *Saipan Tribune* reserves the right to place ads under proper headings and to revise copy when necessary.

WHATZIT™

Find the familiar phrase, saying or name in this arrangement of letters.



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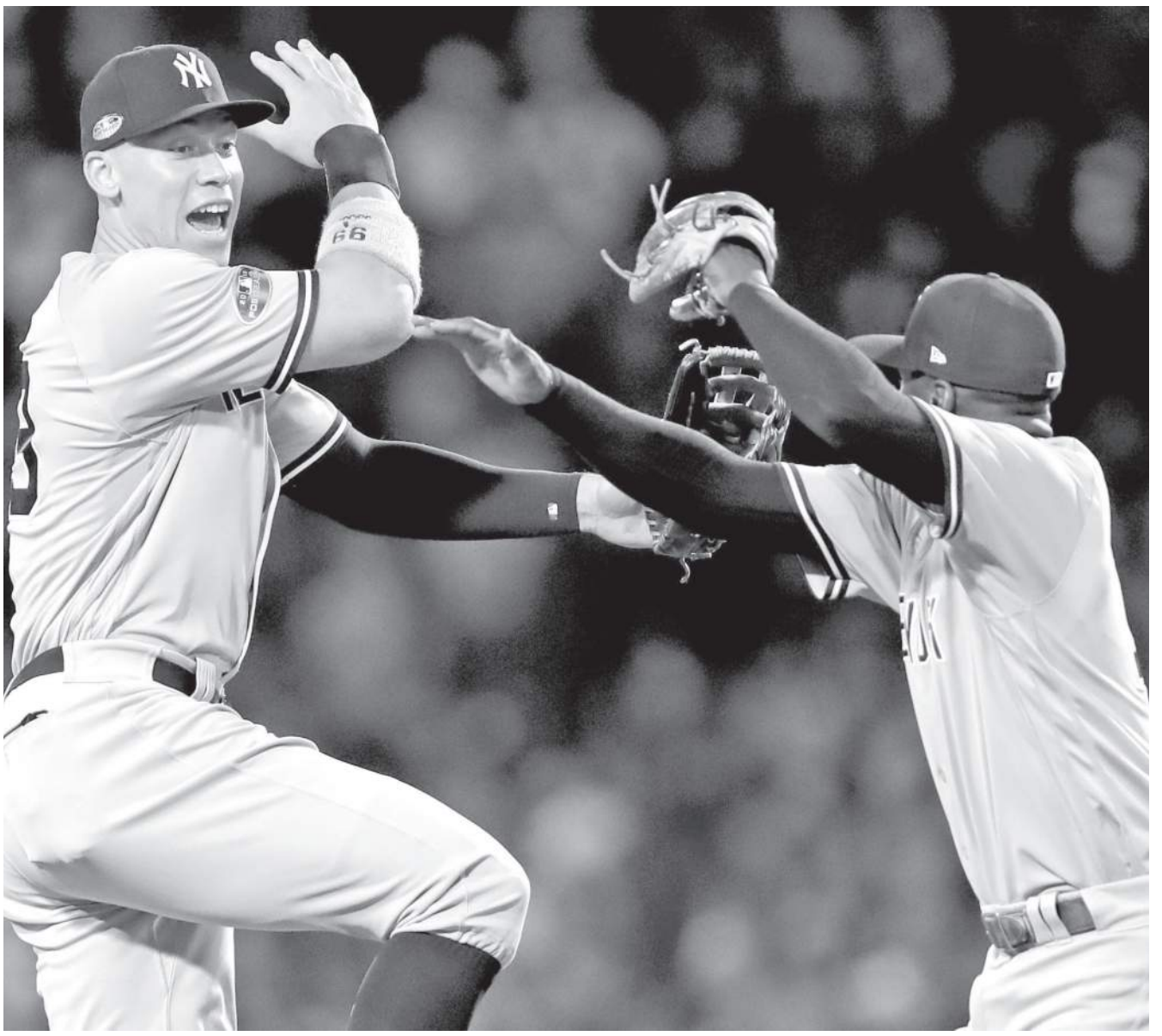
Find today's solution in classified section

Sanchez, Judge power Yankees past Red Sox 6-2 to even ALDS



AP

New York Yankees right fielder Aaron Judge, left, celebrates with center fielder Andrew McCutchen after Yankees' 6-2 win against the Boston Red Sox during Game 2 of a baseball American League Division Series on Saturday, Oct. 6, 2018, in Boston.

BOSTON (AP)—Aaron Judge helped chase David Price early by hitting a home run to a part of Fenway Park where balls rarely travel.

Gary Sanchez did him one better.

The Yankees catcher, who tested his manager's confidence with a sub-.200 batting average and poor defense for most of the season, hit two homers, the second a 479-foot shot clear out of the ballpark that sent New York to a 6-2 victory over the Boston Red Sox on Saturday night and tied their AL Division Series at one game apiece.

"Just a monster night," Yankees manager Aaron Boone said. "You know he's capable of that. We all know he's capable of that. That's kind of what we've been waiting for to some degree, where he can take over a game on offense."

One night after Chris Sale earned his first career playoff victory, Price fell to 0-9 in 10 postseason starts and was booed off the field after five outs by a Fenway crowd hoping to see the Red Sox protect the home-field advantage they earned with an AL East title and franchise-record 108 regular-season wins.

■■■

BOSTON (AP) — David Price flopped again in the postseason. And against the Yankees.

Price lasted just 1 2/3 innings in Boston's 6-2 AL Division Series loss on Saturday night, giving up three runs and three hits, including home runs to Aaron Judge and Gary Sanchez that cleared the Green Monster.

He dropped to 0-9 in 10 postseason starts. Price's postseason ERA rose to 5.38, including 6.03 as a starter, as New York evened the best-of-five series 1-1.

Price trudged off the field to a chorus of boos from the Red Sox fans who had cheered him when he took the mound just an inning prior.

"It's tough," Price said after the shortest of his 10 postseason starts. "To go out there and have that opportunity to go up 2-0, and to throw the baseball the way I did, it was definitely tough."

Of 70 pitchers with at least 10 career postseason starts, only Price doesn't have a victory. He didn't take the quick hook personally.

"It's the playoffs," he said. "You see it happen all the time, especially over the past couple of years. Managers go to the bullpen extremely early. If I don't like it, I need to pitch better. Period."

■■■

Instead, Masahiro Tanaka helped the wild-card Yankees claim the first victory by a road team in a Division Series game this year and gave them a chance to advance to the AL Championship Series with a pair of wins at home, where they are 7-0 over the past two postseasons.

Games 3 and 4 are at Yankee Stadium on Monday and Tuesday nights, with Game 5 back in Boston on Thursday, if necessary.

"We can't wait," Judge said. "We know our fans are waiting for us to come back home, especially with the series tied 1-1."

Judge homered for the third straight playoff game, a 445-foot shot that landed in the back row of seats above the Green Monster , high above the 379-foot marker and about 10 feet to the left of the pole flying an American flag blowing straight out.

It was the longest home run of the postseason — for about five innings.

That's when Sanchez aimed one in the same direction, sending it out of the park and onto Lansdowne Street. A few feet away, a plaque commemorates the six home runs in the 106-year history of Fenway Park that have cleared the back wall to the other side of the flagpole.

"Everybody knows that Judge has way more power than me," said Sanchez, who joined Yogi Berra as the only catchers in Yankees history

to hit multihomer postseason games. "But a homer is a homer. And if we have the opportunity to score runs like that, you know, even if it's 300 feet, I'll take it."

Sanchez also had a solo shot in the second inning to give New York a 2-0 lead. Price then walked back-to-back batters with two outs and gave up Andrew McCutchen's RBI single on what could be his last pitch in a Red Sox uniform.

The 2012 AL Cy Young Award winner — and two-time runner-up for the award — Price signed a seven-year, $217 million deal to come to Boston as a free agent before the 2016 season and has pitched like an ace at times in the regular season. But his postseason struggles have caused Red Sox fans to sour on him, and vice versa; he can opt out of his contract after the season, and if he can find something close to the four years and $124 million he is owed, he might just take it.

In all, Price was charged with three runs on three hits and two walks in 1 2/3 innings — the shortest playoff start of his career, and tied with Roger Clemens for the shortest in Red Sox postseason history. It was the first time in 299 regular-season and postseason starts that Price failed to strike out a batter.

"I just want to win. That's it," Price said. "My main goal is to win in the playoffs, to win a World Series. ... And whatever I need to do to help us do that, I'm fine with. But I know I'm more than capable of winning games as a starter in October. That's what I look forward to doing."

Tanaka allowed just three hits, including Xander Bogaerts' solo homer, before leaving after five innings with a 3-1 lead. He struck out four and walked one.

Astros 2, Indians 0

In Houston, Justin Verlander and Gerrit Cole have been even more brilliant in the playoffs, keeping Cleveland's powerful offense in check to give the Houston Astros a 2-0 lead in the AL Division Series.

Cole struck out 12 and walked none, combining with two relievers on Houston's second straight three-hitter in a 3-1 victory Saturday.

"There's no doubt we expect to be good, but this is a team effort," Cole said. "So, we expect to keep our team in the ballgame. I don't know about all the personal accolades or all the dominance or that kind of stuff, but we just want to put up a fight."

Marwin Gonzalez hit a go-ahead, two-run double and Alex Bregman homered for the second straight day.

Next up: 2015 AL Cy Young winner Dallas Keuchel will oppose Mike Clevinger in Game 3 of this best-of-five series on Monday in Cleveland.

Francisco Lindor hit a third-inning homer for the AL Central champion Indians, who have three runs in the two games. Cleveland is batting .100 (6 for 60) following a regular season in which the Indians ranked second in the majors with a .259 average. Jose Ramirez, Edwin Encarnacion and Josh Donaldson have combined to go 1 for 22.

"This is one of the best offenses in the league," manager AJ Hinch said. "They can do damage. They can put long at-bats together. (Cole) used all his pitches. He was creative. What else can I say? He was awesome."

Gonzalez put the Astros ahead in the sixth with the third of his four hits, an opposite-field double to right off usually reliable reliever Andrew Miller.

"With a one-run lead, and with Gonzalez coming up the way he had swung the bat against him prior and Andrew's history, I felt really good about it," manager Terry Francona said. "Didn't work out the way we obviously planned."

Bregman homered against Trevor Bauer in the seventh, and the World Series champions moved within a win of a second straight trip to the AL Championship Series.

Cole allowed one run and three hits in seven innings, joining Tom Seaver (1973) as the only pitchers to strike out at least 12 batters without a walk in a postseason game.

Ryan Pressly got two outs, and Roberto Osuna walked one in a four-out save.

Cleveland starter Carlos Carrasco allowed two runs and six hits in 5 1/3 innings.

Jose Altuve singled leading off the sixth but slipped as he left the batter's box and was limping after reaching first base. Hinch and a trainer came out to check on Altuve, who remained in the game.

Bregman walked and one out later, Cleveland brought in Miller, the dominating left-hander who was MVP of the 2016 AL Championship Series but has been slowed by injuries this year.

The switch-hitting Gonzalez turned around and hit right-handed. He fouled off a slider, then doubled on a fastball. Gonzalez, who hit a career-best .303 last season, has struggled this year hitting just .247.

"It was a tough season for me on the offensive side ... but I've been putting in a lot of work and it felt good today," Gonzalez said.

Miller had allowed just one previous inherited runner to score in the postseason, on a sacrifice fly by Boston's David Ortiz in Game 3 of the 2016 AL Division Series.

Miller walked Carlos Correa on four pitches and loaded the bases with an intentional walk.

"I wasn't good," Miller said. "I wasn't effective."

Bauer, a starter pitching in relief for the second straight day, retired Evan Gattis on a popout and struck out Martin Maldonado.

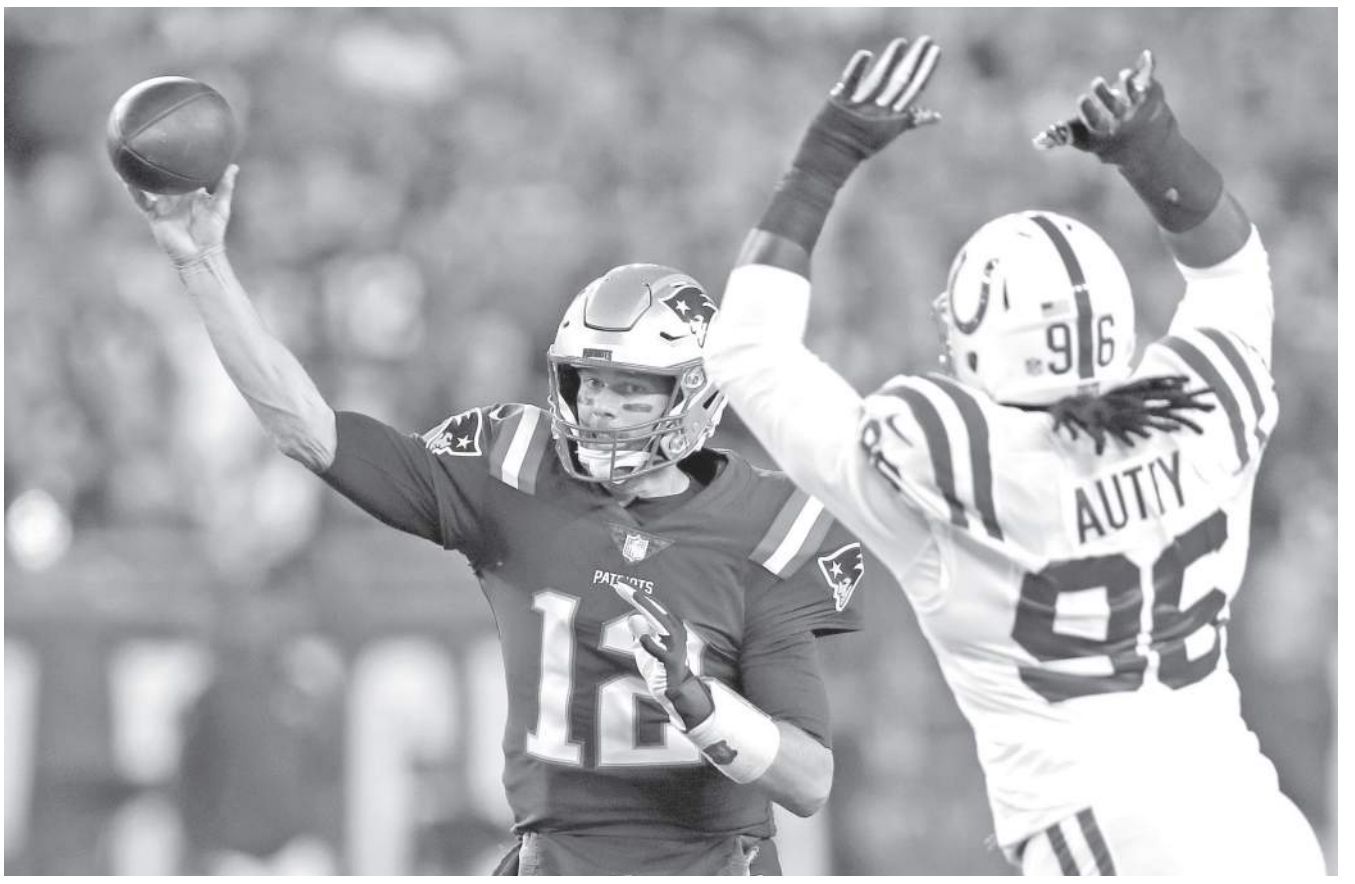
Cole retired 13 of 14 after Lindor's homer, striking out the side in the fourth. After fanning Ramirez on three pitches to end the sixth, Cole screamed and pumped both arms as he walked off the mound.

Houston leadoff hitter George Springer went 1 for 4 with a single, ending a streak of five straight postseason games with a home run — one shy of Daniel Murphy's record.

Now he and the Astros head to Cleveland hoping to set a different kind of mark by becoming the second team in franchise history to reach the championship series in consecutive seasons.

"We're going to try to finish it on Monday," Gonzalez said. "That's the mentality that everybody has in the clubhouse."

Patriots' defense improving with Chiefs, Mahomes up next



AP
New England Patriots quarterback Tom Brady (12) passes under pressure from Indianapolis Colts defensive end Denico Autry (96) during the first half of an NFL football game, Thursday, Oct. 4, 2018, in Foxborough, Mass.

FOXBOROUGH, Mass. (AP)—There was plenty to like about the Patriots' defensive performance in the first half of their 38-24 victory over the Colts on Thursday night.

The second half brought just as much to be concerned about.

New England's gaps on the defensive side of the ball were both noticeable and troubling as the Patriots opened 1-2. The lack of a sustained pass rush combined with missed assignments in the secondary helped opponents average 26 points in the three games.

The defense rebounded to give up just seven points in a 38-7 win over Miami, in which it forced a turnover and held the Dolphins to just 172 total yards.

The Patriots were off to a similar start against the Colts on Thursday night, holding them to just three points in the first half and intercepting quarterback Andrew Luck.

But the bad habits that befell the defense during the losing streak came back in the final 30 minutes as Indianapolis got within seven points following a pair of touchdown passes from Luck. Indianapolis finished the game with 439 total yards, the third team this season to eclipse 400 yards against New England.

Linebacker coach Brian Flores said it is proof there's still room for improvement with a visit from Kansas City and quarterback Patrick Mahomes up next. Mahomes is the hottest quarterback in the NFL, throwing for 14 touchdowns and no interceptions in the unbeaten Chiefs' first four games.

"We want to be a tough, aggressive, fast team. There's always room for improvement in those areas," said Flores, who is handling play calling duties for the Patriots this season. "I think it's something we talk about every day. It's something we harp on. We want the guys to play fast. We want them to play free. We want them to play aggressive.

"I think we've gotten that at a more consistent level, but I think we're always looking for more."

Injuries have been an issue for the defense this season, though it is getting close to full strength.

Defensive end Trey Flowers and safety Patrick Chung both sat out Week 3 with concussions before returning against the Dolphins. Both combined on a sack against Indianapolis. Chung finished with 11 combined tackles and also had an interception.

He said the next step for this group is finding consistency.

"That is huge; inconsistency is the worst thing you can have in football. We need to continue to be consistent, continue to play hard and execute," Chung said.

That includes forcing turnovers. The defense had a season-high three against Indianapolis.

"Our job is to get the offense the ball; we were able to do that today and had a couple of big plays," Chung said. "Hopefully we are able to keep doing that."

The turnovers were also a welcomed sign to coach Bill Belichick.

"I think defensively you take a lot of pride in those," he said. "That's really taking the ball away from the offense as opposed to them just giving it to you. We had a couple of plays like that. We had a couple of other opportunities that we didn't capitalize on, but it's always good when you take the ball away from the offense."

'We're trying': Thibodeau offers update on Butler situation

Jimmy Butler is still with the Minnesota Timberwolves, at least in an official sense.

In reality, it remains a mess.

Timberwolves coach Tom Thibodeau Friday acknowledged the team's efforts to grant Butler's trade request.

"Obviously, we're trying to get something done," Thibodeau told reporters in Minneapolis.

What that "something" is, that's still unknown.

Friday was Day 18 of the Butler saga, starting from when the four-time All-Star swingman told Thibodeau of his desire to play elsewhere. Butler has not practiced with the Timberwolves during training camp, and Friday night's Wolves preseason game against Oklahoma City will be the third exhibition that he's missed — with no end to the impasse in sight.

Multiple teams have been engaged in trade talks with the Timberwolves since Butler's intentions to play elsewhere became known. Miami is one of those teams, and has been involved in the Butler negotiations with Minnesota almost from the very beginning. A person with knowledge of those negotiations said Friday that teams, the Heat included, are simply waiting for the Timberwolves to decide on what they want for Butler.

"They're ongoing," Thibodeau said of the trade talks.

With roughly a week and a half until the start of the regular season, there's obvious urgency — Butler wants to play, the Timberwolves want closure and in theory, the team that might acquire Butler will want to get him involved in their plans while there's still some time left in the preseason.

"It'd be nice to have him back," Minnesota point guard Jeff Teague said Friday. "But it's not up to me."

Teague is a close friend of Butler's, and has been in regular contact with him — but said he's not getting caught up in trade chatter with Butler.

"We're trying to do what's best for the team, and so we're focused on the guys that are here," Thibodeau said. "I think that's the important part." ***(AP)***

Texans and Cowboys prepare for rare meeting

HOUSTON (AP)—Houston star J.J. Watt knows how important Sunday night's game against the Dallas Cowboys is to fans of both teams.

But the way the Texans' season has gone so far, Watt isn't concerned about the significance of this in-state rivalry and is simply worried about helping his guys turn things around.

"I'm sure there's definitely something there for the fans on both sides, but ... they could be lining up anybody over there," Watt said. "We need to win this game."

The Texans (1-3) got their first victory last week in overtime against the Colts after opening the season with three straight losses. The Cowboys (2-2) haven't fared much better and picked up their second win on Sunday against the Lions.

This game tends to be hyped more because these teams meet so rarely. Sunday will be the fifth time between these teams and the first since 2014. The Cowboys have won the last three, with Houston's only win coming in the franchise's first game in 2002.

While Watt really didn't want to get into the rivalry aspect of this game, quarterback Deshaun Watson talked about what a win over Dallas would mean to the city.

"This is pretty much the battle of Texas," Watson said. "Two Texas teams and Houston wants to beat Dallas and have the bragging rights. So, we have to go out there and do our job and try to get those bragging rights so the whole city of Houston can hold that weight for a year."

To do that the Texans will have to slow down running back Ezekiel Elliott, who leads the NFL with 426 yards rushing. He had a season-high 29 touches for a career-high 240 yards from scrimmage in the win over Detroit.

The 25 carries were by far the most this season and it's what he expects every week — not the 16-carry average from the first three weeks when the Dallas offense was spotty at best.

"I am young," the 23-year-old said. "I got fresh legs. I'm going to get the ball as much as I can."

Some things to know about Sunday's game between the Cowboys and Texans:

IRVING'S RETURN WILL WAIT

Defensive lineman David Irving was activated by Dallas after starting the season on a four-game suspension for the second straight year. But the club said he didn't make the trip because of an excused absence for personal reasons and wouldn't make his season debut.

Irving had six sacks in his first four games coming off last year's suspension. He finished with seven sacks in eight games before a concussion sidelined him for the final four games.

The fourth-year player practiced for the first time since last November, but missed the two days for personal reasons.

DYNAMIC DUO

Watt and Jadeveon Clowney led Houston's defense with dominant performances last week. Watt had two sacks, one tackle for loss, one quarterback hit and forced two fumbles against the Colts. Clowney added two sacks, four quarterback hits, four tackles for losses and a fumble recovery for a touchdown.

Watt has returned to form this season after playing just eight games over the previous two seasons because of back surgery and a broken leg. He's tied for first in the NFL with four forced fumbles and his five sacks are tied for second.

"Two elite players. They can really disrupt a game, can affect everything you are trying to do in the run game and the passing game," Garrett said. "Hard to block those guys one on one. You have to have a plan for them. Again, most teams have a plan for them and typically they show up anyway."

LAWRENCE LEADS

While Clowney and Watt have led Houston's defense, the Cowboys have one defensive end leading their group in DeMarcus Lawrence. He leads the NFL with 5 1/2 sacks and ranks second with eight tackles for losses. He's also recovered a fumble and has 21 tackles.

Houston coach Bill O'Brien raved about his work this season.

"Great length, athleticism. He plays very hard, plays hard on every snap," O'Brien said. "He's chasing the ball sideline to sideline, chasing the quarterback. He can wreck a game."

PROTECTING WATSON

Watson has been sacked 17 times, second most in the NFL. While Houston's offensive line has been criticized for the number of hits Watson has taken this season, he's quick to point out his lineman shouldn't take all the blame for the sacks.

"A lot of the sacks I put upon me getting rid of the ball or holding the ball too long or trying to create a play where I probably could have thrown the ball away or ran for extra yardage — two or three yards," he said. "But, those guys are doing a heck of a job and ... they're improving, building chemistry, enjoying the game, having fun and just getting better every week."

Melee at UFC 229 after Nurmagomedov chokes out McGregor

LAS VEGAS (AP)—A few seconds after Conor McGregor tapped Khabib Nurmagomedov's arm and submitted to the champion's choke, Nurmagomedov climbed the cage and leaped at the men in McGregor's corner, setting off a prolonged brawl inside and outside the octagon.

A seminal moment in mixed martial arts was immediately overshadowed by a tawdry ending Saturday night when the UFC's infuriated lightweight champion took his conflict with McGregor beyond their bout.

McGregor tapped out in the fourth round of his comeback fight at UFC 229 against Nurmagomedov, who then scaled the cage and scuffled with another fighter manning McGregor's corner. Meanwhile, two men apparently from Nurmagomedov's entourage climbed into the cage and attacked McGregor, who defended himself before security personnel separated everyone.

Order was restored with no apparently serious injuries, but the scuffles immediately dwarfed one of the biggest and most lucrative shows in UFC history.

AP

Khabib Nurmagomedov, top, applies a rear naked choke hold to Conor McGregor during a lightweight title mixed martial arts bout at UFC 229 in Las Vegas, Saturday, Oct. 6, 2018.

"Been doing this for 18 years, and (on) the biggest night ever, I couldn't be more disappointed," UFC President Dana White said. "I'm not even mad. I'm just really disappointed."

Nurmagomedov's purse has been withheld by the Nevada Athletic Commission pending an investigation, White said. He also claimed three members of Nurmagomedov's camp were detained and released by police because McGregor refused to press charges against them.

White acknowledged the UFC might strip its title from Nurmagomedov (27-0), a Dagestan-born Russian fighter who trains in San Jose, California.

"If he gets suspended, it depends on how long his suspension is," White said. "And if it's a long suspension, yeah, he's probably going to get it stripped."

Nurmagomedov appeared briefly at a post-fight news conference after midnight. He apologized to the Nevada State Athletic Commission, saying the brawl was "not my best side," but also condemned McGregor's barbed pre-fight taunts.

"You cannot talk about religion," Nurmagomedov said. "You cannot talk about nation. You cannot talk about this now."

Nurmagomedov also said he got a congratulatory phone call from Russian President Vladimir Putin, who "told me he is very proud of me."

The wild scene occurred after McGregor (21-4) got caught in a choke by Nurmagomedov, who punctuated this simmering rivalry with an impressive victory over the superstar who infamously attacked a bus carrying Nurmagomedov in Brooklyn last April. McGregor shattered the bus windows with a hand truck because he was angry about Nurmagomedov confronting one of his teammates earlier in the week.

The post-fight trouble started when the Russian champion from Dagestan stepped away from the prone McGregor and immediately pointed at the Irishman's corner, shouting and throwing his mouthpiece.

The men in McGregor's corner appeared to respond with taunts, and Nurmagomedov climbed over the fence and fought with Dillon Danis, a Bellator welterweight who trains with McGregor.

FINAL

From Page 28

for the 6-2 advantage. After Kiku's grand slam, the Bears went on to make two more hits with Henry Lizama delivering a single and making it all the way to the third, while A.J. Lizama also singled. However, A.J. and Henry were left stranded when Aces leftfielder John Tudela caught a line drive from Ricardo Dela Cruz to finally end the agonizing bottom of the seventh inning for the defending champions.

At the top of the eighth, the Bears remained on the driver's seat after shutting down the Aces, no thanks to Secharmidal, who took over the pitching chores from A.J. earlier in the seventh. After giving up a single to leadoff batter Barry Sunumai, who then advanced to second, Secharmidal fanned Mike Iguel. The Bears closer yielded another single—this time to Tyrone Omar—before striking out Ben Jones and Tudela to end the top of the eighth.

A quick 1-2-3 inning at the bottom of the eighth kept the Aces in the game despite failing to score at the top. However, the reigning champs were pressed to make at least four runs at the top of the last inning to extend Game 1 or get five for the win. Lamarc Iguel led off for the Aces and flied out at second base, while Saralu doubled, Angel Falig walked, and Benwachi Taitano was beaten to first on a 4-3 play. Saralu and Falig later reached off Sunumai's single with two outs. The third out came in the ensuing play with Palacios catching a fly ball from Iguel to hand the Bears the Game 1 win in the short series.

The semis opener was the first game in the league in nearly a month, as matches were rescheduled due to frequent bad weather and repair work at the "Tan Ko" pitch. With the long break, players from both teams struggled a bit offensively with the exemption of Kiku, who led off for the Bears at the bottom of the first, doubled, and reached off a fielder's choice to put the pennant champs on the board.

The Bears remained on top after five complete innings before an RBI single from Sunumai and designated hitter Mike Iguel at the top of the sixth swung the lead to the Aces, 2-1. The Aces had a chance to gain more cushion, as they loaded the bases with only one out. However, starting pitch A.J. Lizama, who walked two and gave up three hits in the same inning, fanned out Saralu and Falig to frustrate the No. 4 seed team.

After his back-to-back strikeouts, A.J. had a sacrifice fly at the bottom of the sixth, bringing Kiku home for the game-tying run. The Bears then had another impressive defensive stand at the top of the seventh to keep the match in a standoff before Kiku's slam broke the tie and the heart of the Aces, who are on the brink of losing their title.

The Aces will need to win Game 2 tomorrow to keep their title defense hopes alive. The second match of the semis series was originally set for last Friday, but was canceled due to rain. In the other Final Four pairing, No. 2 seed Go See Mark and No. 3 Mariners will have their opener tonight after Game 1 of their own series set for last Thursday was also called off due to rain.

HERAS

From Page 28

tiff against Georgia Hansen and Maike Waldburger for the Trailblazers' lone doubles win.

Lynch also took care of her singles assignment (No.4), giving Dixie State the first victory after sweeping Hansen, 6-2, 6-2. Next up were Hattie Erekson and Hershey at No. 6 singles and the former triumphed for the Trailblazers' 2-1 advantage. Harames made it a 3-1 lead when she downed Emily Beckley in the No. 2 singles, 6-3, 1-6, 6-3.

After coasting to three straight victories in the singles event, Dixie State was derailed in the next two games. Walburger snapped the Trailblazers' streak when she rallied past Honczaruk in the No. 5 singles, 0-6, 6-4, 6-3. Kirby also needed three sets to defeat Carlon, 6-2, 3-6, 6-2, and the latter's win tied the match for only the second time and put Heras on spotlight, as her No. 3 singles duel against Osterberg was the decider in the exciting season-opening game for the opposing squads.

The Dixie State rookie went on to deliver under pressure, stunning the favored sophomore with a shutout win in the first set before they went back and forth in the last two. Heras completed her upset over Osterberg by prevailing in the extended second and third sets.

After the tough win over the Mavericks, Heras and company were scheduled to play against Colorado College yesterday, also in Grand Junction. Heras and the Trailblazers from St. George, Utah are competing in the Pacific West Conference in NCAA Division II along with 13 other schools in California, Hawaii, and Utah. Dixie State, earlier last week, was scheduled to challenge Metro State-Denver and CSU-Pueblo, but the games were canceled and will be reset on a later date.

CNMI

From Page 28

proved a lot. I see how our players work hard every day," head coach Luen Khen Koo said a few minutes after the thrilling victory that was sealed only after the buzzer, as Guam gave the CNMI some anxious moments in the closing stage of the match.

Guam threatened the CNMI when Jinae Teria scored in the 79th minute off a follow-up, as goalie Emalyn Aniana gambled on meeting an attacking Lauren Philips, who kicked the ball that rolled sideways, missing its target. However, Teria was there to put it back, as Aniana was nowhere in sight.

Aniana later made up for that defensive lapse when she had a perfect catch of Samantha Fegurgur's free kick with a little over seven minutes left in the match.

"I don't want to let my teammates down. Even though I am hurting after those saves, I tried my best to stay focus and go after the ball. I know how hard all my teammates and coaches worked, so I really need to step up," said Aniana, who made several saves both in the first and second half and every time she got the ball she drew cheers from the adoring crowd.

It was the crowd, according to Northern Marianas Islands Football Association president Jerry Tan, that boosted the CNMI players' morale against the rallying Guam, especially after the home team's lead was brought down to 1, with about 11 minutes left in the game.

"It was indeed the longest 11 minutes of my life. In soccer, just like any other sport, you can't really say the game is over because even in the last minute or a few seconds you can score. I am really proud of the girls. They scored three solid goals and despite giving up two in the second half, they kept their composure and hung in there," Tan said.

"It shows how much heart they put into the game, they gave their 110 percent. I am sure that they did it for the fans. The girls see how loud and supportive the fans are—this win was for them," the NMIFA head added.

Team captain Krizel Tuazon shared Tan's thoughts, saying that without the home crowd, it will be difficult to win the match and hold their ground against a tough opponent.

"If they are not here, I don't think we have a strong chance of winning," Tuazon said.

The CNMI seemed headed for the easy victory when it built a 3-0 lead early in the second half off Castillo and Borja's goals. Castillo was fed by Lilian Podziewski and had only one defender on her when she let go of a cross that Guam goalie Angelyn Sobrevilla could not stop, giving the former the goal in the 49th minute.

Then nine minutes later, it was Borja's turn to light up the board off a corner kick. Therize Millare unleashed the corner kick and a Guam player deflected the ball, but could not keep the possession and Borja stepped in and took a lob that caught Guam's goalie off guard. Sobrevilla also failed to make a save off Castillo's cross in the 16th minute, giving the CNMI a good start en route to the close win.

The victory was the first for any CNMI women's squad against Guam and Borja said it was a product of team effort, especially on the defensive end.

"Although, I, Katrina, and Jerlyn scored, we can't take the credit for the win. It was all because of the hard work and dedication from all the members and officials of the team. Guam scored twice in the second half and we almost lost our lead. However, it was the defense of our teammates that helped us survive and get this win. It's such a great feeling and we are very happy and honored to do it in front of our supporters," Borja said.

Guam, which got its first goal from Phillips in the 72nd minute, understandably, was disappointed with the defeat, but is taking the loss as a chance to work on their game more.

"Obviously, it was a disappointment that we did not come up with the win or tie. But still, it was good for our preparation in our next tournament. We know what we need to work on. We have a playing style that we are trying to implement in Guam and we're getting there. We know what we need to come up in our training camp and press the girls so we can meet all those objectives," head coach Maggie Phillips said.

2018 NMA All Schools Cross Country Series 3

PHOTOS By ROSELYN B. MONROYO

A runner looks behind to check who is chasing her during the elementary division race in the 2018 Northern Marianas Athletics All Schools Cross Country Series 3 held last Saturday at the Saipan Country Club in Chalan Kiya.

A parent accompanies his son to the finish line, while two other runners also head back to complete the race.

A runner keeps a steady pace on his way to the finish line.

NMA secretary Robin Sapong, left, runs alongside a Saipan International School student.

A Saipan International School student speeds up as he nears completion of the race.

A runner is all smiles as she is almost done with the race.

Brad Ruszala, left, encourages her daughter, Leilani, to keep her pace as they are a few meters away from the finish line.

A runner is all smiles as she is almost done with the race.

Sanchez, Judge power Yankees past Red Sox 6-2 to even ALDS

PAGE 24

Saipan Tribune
Sports

Patriots' defense improving with Chiefs, Mahomes up next

PAGE 25

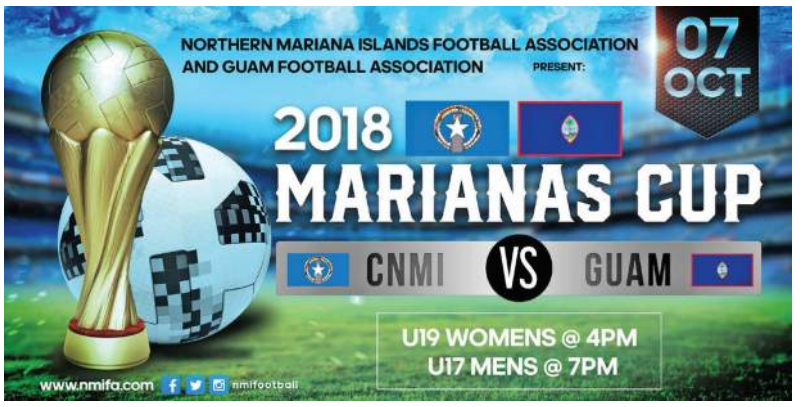
CNMI takes nail-biter

ROSELYN B. MONROYO

Members of the CNMI Women's U19 National Team celebrate after beating Guam, 3-2, during their game in the 2018 Marianas Cup yesterday at the NMI Soccer Training Center in Koblerville.

ROSELYN B. MONROYO

The CNMI's Jerlyn Castillo, right, jumps to kick the ball ahead of the defense of Guam's Richelle Regadio during the first half of their game in the 2018 Marianas Cup yesterday at the NMI Soccer Training Center in Koblerville.



By ROSELYN B. MONROYO
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REPORTER

The CNMI Women's U19 National Team did not disappoint its throng of supporters after pulling off a nail-biter against Guam, 3-2, in yesterday's 2018 Marianas Cup held at the NMI Soccer Training Center in Koblerville.

Katrina Costales, Jerlyn Castillo, and Guinevere Borja scored for the home squad and the rest of the team took care of business on defense to foil Guam's comeback bid in the second half.

"The team deserved this win. I've been here for seven years and I believed women's football have im-

See CNMI on Page 26

Heras wins collegiate debut

By ROSELYN B. MONROYO
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REPORTER

Former CNMI junior player Isabel Heras debuted in collegiate tennis in style after delivering the needed win for Dixie State University.

Heras outlasted Rebecca Osterberg, 6-0, 6-7, 7-6, in the No. 3 singles match—the final of the six singles games between Dixie State and Colorado Mesa—to hand the Trailblazers a tough 4-3 victory in their season opener last Friday (Saturday on Saipan) in Grand Junction in Colorado.

"She was the hero of the team's win at the start of the season," said Jeff Race, who informed *Saipan Tribune* of Heras' memorable singles triumph.

Her three-set victory over Osterberg made up for Heras' loss in the earlier doubles match. The Commonwealth player, who is on an athletic scholarship with the Dixie State, teamed up with Yolena Carlon in the No. 1 doubles event and they were beaten by Kristen Kirby and Emily Beckley, 8-6. Colorado Mesa also won in the No. 3 doubles with Osterberg and Taylor Hershey topping Polly Evans and Juliana Honczaruk, 8-2, for a 1-0 lead (only point is awarded to the team that wins the doubles event), going into the singles competitions. Kyra Harames and Megan Lynch prevailed in No. 2 doubles

See HERAS on Page 26

DIXIE STATE UNIVERSITY PHOTO

The CNMI's Isabel Heras, standing center, poses with her teammates at Dixie State University in Utah during a photo session of the Trailblazers.

Finals berth within CK Bears' reach

By ROSELYN B. MONROYO
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REPORTER

The Chalan Kanoa Bears knocked on the finals door after downing the Aces, 6-4, in Game 1 of their best-of-three semis series in the 2018 Saipan Baseball League last Wednesday at the Francisco "Tan Ko" Palacios Ballfield.

Shortstop Kiku Lizama towed the Bears to victory after blasting a grand slam at the bottom of the seventh inning, which started with the opposing teams in a deadlock, 2-all. Kiku brought with him leadoff batter Jose Lizama, Virgil Secharmidal, and Ben Flores and he made the dagger with the Aces just one out away from wrapping up the pivotal bottom of the seventh. Angel Palacios was called for the first out, as third baseman Nokki Saralu caught the former's fly ball, while starting pitcher Jose Deleon Guerrero struck out Shakobe Rangamar.

Next up to the plate was Kiku and he found his target for an over-the-fence shot, allowing him and his three teammates to reach home

See FINALS on Page 26

JON PEREZ

A Chalan Kanoa Bears runner, right, is at first base and gets ready for his next move during an earlier game against Falcons in the 2018 Saipan Baseball League at the Francisco "Tan Ko" Palacios Ballfield. SBL action returned last Wednesday with the Bears beating the Aces, 6-4, in Game 1 of their best-of-three semis series.